

edible INLAND NORTHWEST.

ISSUE 18 | SPRING 2024

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PEANUT BUTTER

BEANS

SOUP

6

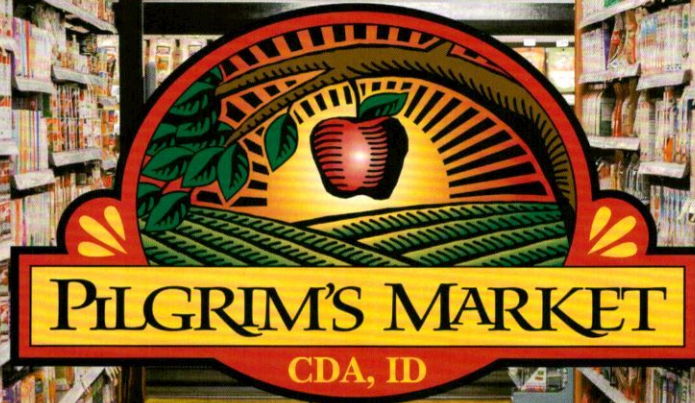
RICE

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there are times when you
don't get lunch until 3:30.
on other days, everyone is
just sitting down when a
call comes in. or you get
on a scene and say
**'DID SOMEBODY
TURN OFF THE
OVEN?'**

**FEASTING
AT THE
FIREHOUSE**
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Spring 2024





ON THE COVER

DEVIN HAEFER AND THOMAS BARGA,
MEMBERS OF B-SHIFT AT STATION
ONE IN DOWNTOWN SPOKANE.
PHOTOS BY MADDISON FOLEY.

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A GUIDE TO WALLA WALLA'S WINE DISTRICTS

Looking for a weekend getaway? Try Walla Walla, a wine lover's paradise. Explore the 6 distinctive districts and uncover varietals for every palette.

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FROM ISLAND TO INLAND

Follow Mikey and Emily Gribbin's pandemic pivot into tiki mug craftsmanship as they weave together passion, cultural sensitivity and social responsibility.

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THE FAMILY KITCHEN AT STATION ONE

Dive into the flavorful world of firehouse cooking with Thomas Barga and Devin Haefer, the culinary maestros of Spokane Fire Department's bustling Station One.

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BUZZ WORDS IN AGRICULTURE

Organic, natural, cage-free ... Ever wondered what food labels really mean? Learn from Farmer Jess, our resident guide to all things farming and food.

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25 YEARS OF HEALTH AND WELLNESS

Get closer to nature with Pilgrim's Market. Delve into the inspiring story of North Idaho's first organic market celebrating 25 years as a sustainability leader and community builder.

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From the Editor

ASSOCIATE PUBLISHER MORGAN MARIE SHARES WHAT'S ON HER MIND

The alarm echoed in the middle of prep. The eggs paused mid-crack, chopping of onions ceased and the sizzling rice was placed on hold as each team member, in unison, shifted gears seamlessly. When resident Chef Bargas asked, "Do you want to come?" Maddison, our photographer, and I exchanged a hesitant yes as we filed in line out of the kitchen and into the garage. Sous-chef Haefer ensured the indoor grill, a phenomenon in its own right, barbecuing the chicken was turned off.

Engines roared to life, bay doors flung open and sirens wailed as we headed west into downtown. The team was as coordinated in crisis as they were in cuisine.

They handed me a set of headphones and invited me into their orchestrated response. Luckily the team mitigated the issue, safely returning us to the station. As we arrived back at the firehouse, each team member hung up their jackets and picked up where they left. Fried rice is a B-shift favorite and from bite one I could see why.

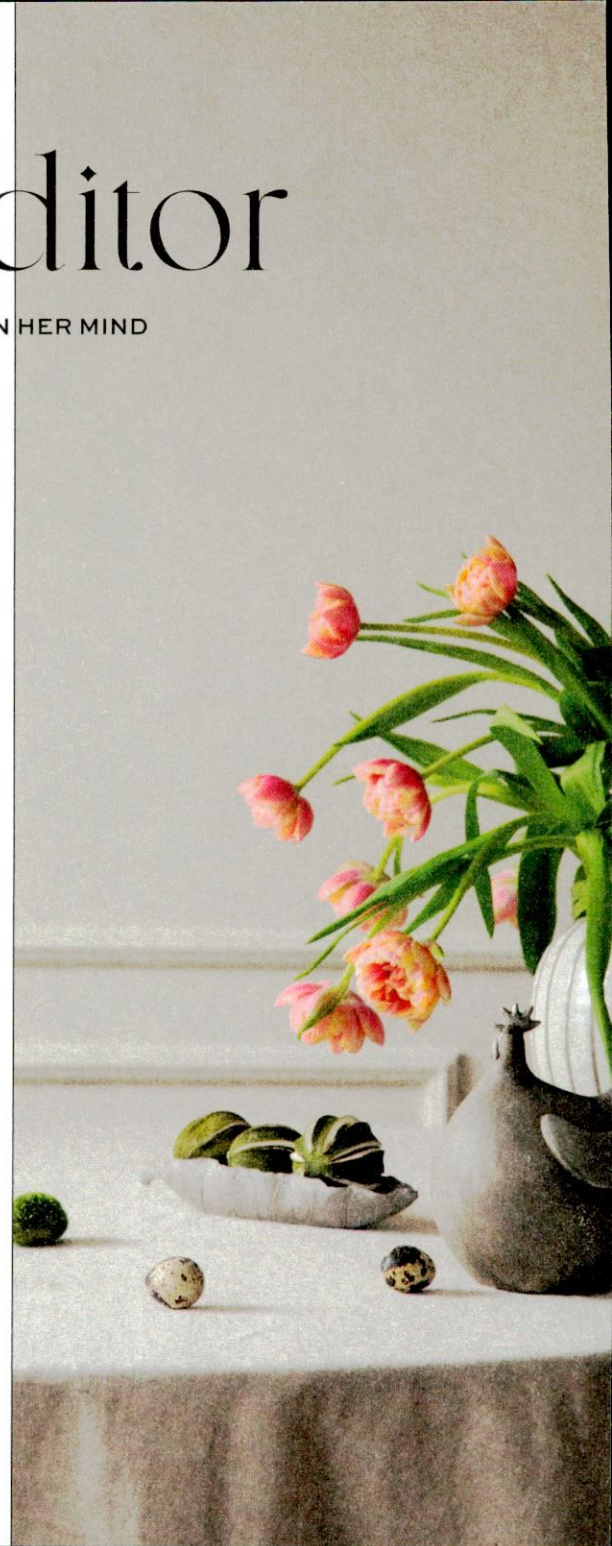
"Make sure you put the photo of our silverware drawer in the magazine," they joked. If you flip to page ____, you'll see it. I'm sure we all have a drawer like that in our kitchens. Something about the misfit yet cohesive chaos is what makes the kitchen at Station One feel like home.

Thank you for letting us into your home away from home, B-shift.

Thank you to our team. To Farmer Jess for sharing your wisdom of food terminology, Pilgrim's Market for taking us behind-the-scenes, and Hana-Lee for reminding us of the bounty of our backyard in Walla Walla. This issue welcomes new contributors and advertising partners. And always, we welcome new readers. We hope you enjoy this 18th Issue of Edible Inland Northwest.

Morgan Marie

@THESTORYTELLINGCOACH



What We're Loving This Spring



Love letters to you and yours, as featured on our back cover. Head to Cafe Coco on Main St, write a little note and we'll ensure it reaches your special someone.



We have teamed up with the Spokane Lilac Festival to sponsor their annual BrewFest May 18. Join us in raising a pint of local beer to the return of spring sunshine!



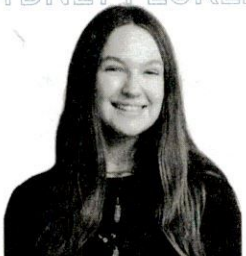
Following @yourfriendsfarm to see daily life with Farmer Jess. Our team starts many meetings with a story from the farm that we've seen on IG.

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HANA-LEE
SEEDWICK



@WANDERANDWINE

ALEX BARROUK



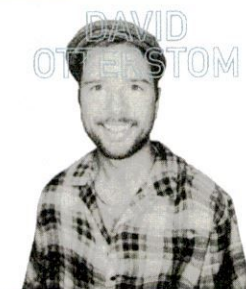
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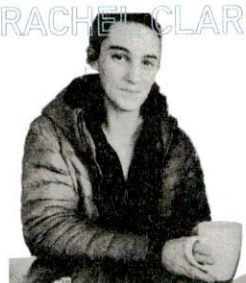
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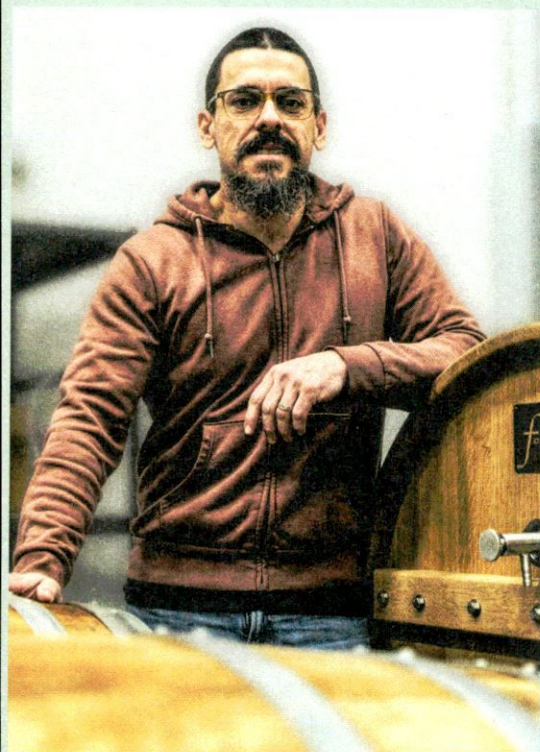
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INLAND EMPIRE MEDIA LLC.

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FEAST ONLINE



**THOMAS CROSKEY READIES
EMRYS BEER & MEAD WORKS
IN LIBERTY LAKE**

We sit down with Thomas Croskey, a former professional musician turned brewer as he gets ready to open Emrys Beer and Mead Works. Located in Liberty Lake's River District, Emrys will offer up SMASH (Single-Malt and Single-Hop) beers, SMASH burgers (the kind you press on the griddle) and more! The process has taken over five years, but opening the doors is just the beginning as Croskey will offer rare mead options, including one made with honey sourced from beehives to be placed right by the brewery!



**CARA STRICKLAND GETS TO
KNOW EILEEN NAPIER OF
RAMSTEAD RANCH**

"As hard as farming and ranching can be some days, it's often the easiest part of our jobs. When we have to step into other roles like mechanic, carpenter, fencing contractor, IT specialist, customer service representative, and delivery driver, that's when you really start to feel like a Swiss Army knife. But it's necessary to wear all those hats for your business when you live 40 miles from a stop light at the end of the dirt road," says Napier in a new interview series featuring local women in food.



**RECAP THE RUM RUMBLE
TIKI COCKTAIL THROWDOWN
WITH PADRINO EVENTS**

Before the official arrival of Spring, Padrino Events and the Knitting Factory in Downtown Spokane welcomed more than a dozen local bars to battle it out for tiki cocktail supremacy. Volstead Act took top honors from the official judging panel and the crowd vote with their drink served up in a hollowed-out half of a grapefruit. Emma Rue's placed third in both categories, with second place split as judges favored the cocktail from North Hill on Garland and the crowd choosing Hogwash Whiskey Den's creation.

SIEMPRE VERANO



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SPRING FORAGING: THE HIDDEN DELIGHTS OF MOREL MUSHROOMS

As spring paints the Inland Northwest with its vivid hues, foragers are given a delightful reason to venture into the wild: the quest for morels. These treasured fungi, known for their unique flavor, are a forager's reward after a leisurely hike through nature's awakening woods.

With their distinctive honeycomb caps, morels range in color from a creamy tan to a deep, shadowy gray. They play a game of hide and seek with us, peeking out when the sun warms the earth to the 60s and the rains have whispered through. When the lilacs begin to bloom, consider it nature's go-ahead to start looking. Start your search along the banks of the Spokane River and gradually venture up towards the higher slopes of Mount Spokane as the days grow warmer.

Now, if you're hoping for a treasure map to morels, you'll find that the thrill lies in the hunt itself. These fungi keep their secrets well, but I'll let you in on a little truth: just being out there is half the fun. I've often stumbled upon these earthy delights while on a hike or birdwatching, their presence a serendipitous surprise at my feet. Approach your hunt as a hike with a hidden mission, and you'll never be disappointed.

When you do spy morels, they're often lounging at the feet of old friends like black cottonwoods, or the stately ponderosa pine and Douglas fir. And don't overlook the charred remains of last year's fires—morels have a phoenix-like quality, flourishing in these reborn landscapes.

Dawn is a magical time for morel foraging, especially after a night of rain. They glow like little forest lanterns in the soft morning light, waiting to be gently pinched or cut from the earth. Some foragers argue about the best methods for picking, but I find it best to leave as little trace as possible, keeping our forests as undisturbed as we found them.

After the harvest, give your morels a gentle shake to free their spores back to the wild, ensuring future generations will continue to surprise foragers for years to come. Whether you use a woven basket that whispers of tradition or any container that feels right, you're part of a cycle that dates back centuries.

Always check your morels thoroughly; they should have a hollow interior and connect seamlessly from cap to stem. And remember, foraging comes with responsibility—make sure you have permission to be on the land and that you're confident in your morel identification.

Back in the kitchen, these little fungi transform any dish with their nutty, earthy goodness. Whether you sauté them to perfection and pair them with pasta or crown your pizza with their savory charm, morels make for a sublime springtime feast. And if you're patient, drying them out allows you to savor a taste of spring long after the season has passed.

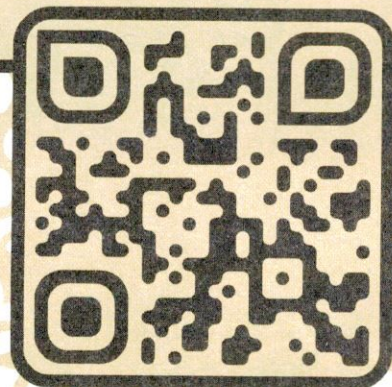
Whether you're a seasoned forager or simply a lover of the land's stories, morels offer a delicious narrative all their own. Here's to a season of joyous discovery and the simple pleasures of the wild.

Happy foraging!

BY DAVID OTTERSTROM



**FIND MORE FORAGING INFORMATION,
GARDENING TIPS FOR SPRING AND
SEASONAL RECIPES ONLINE AT
EDIBLEINLANDNW.COM**

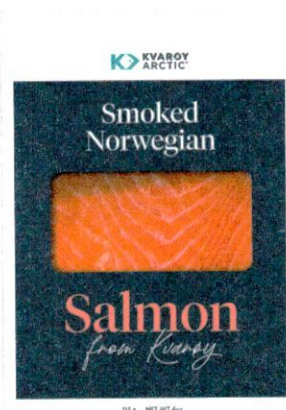




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The Grange: A Legacy of Community and Agriculture

National Grange President Chris Hamp shares her four-generation family story and the evolving role of The Grange in modern society.



by Sydney Fluker

Before sharing in a conversation with National Grange President, Chris Hamp, the term “Grange” was unfamiliar to me. Growing up immersed in the parallel worlds of 4-H and Future Farmers of America, the idea of a local Grange remained as foreign as biochemical engineering.

Even with diligent research before our interview, I found myself at a loss. A cursory Google search provided me with the concise definition of Grange as a “family, community organization with its roots in agriculture.” Yet, the survival of a fraternal organization for 156 years in a society that often overlooks its agricultural workers suggested something more.

So, I wondered: What would keep a family like Chris’s anchored to the Grange across four generations? I imagined an answer that transcends the textbook definition, delving into the essence of a tradition that persists against societal currents.

Fortunately, I was right, and the answer became clearer in our conversation over a cup of coffee in Five Mile Prairie, where Chris’s home Grange is.

Chris Hamp doesn’t have just one definition for The Grange, because there is no one-size-

fits-all description — The Grange adapts to the unique needs of each community.

“That’s funny that you talk about an elevator pitch because we talk about that in Grange, you can’t create one elevator pitch,” Hamp says. “I have to create a pitch based on what I know about you, not this flat-out basic pitch, because Grange can be so many things to so many different kinds of people.”

For Chris, Grange isn’t just a proper noun representing various organizational levels — community, county, state, and national. It’s a verb, an action that presents itself a lot like “help,” “care,” and “support.”

Chris invites a perspective shift, urging people to imagine what will happen when the community’s “doers” are gone. That’s where she says The Grange steps in — filling the gaps their communities need filled.

As per a four-generation family tradition, Chris joined her local Grange upon turning 14.

Hamp is from Monroe, Washington, where she was raised on her family’s dairy farm homestead. She joined Tualco Junior Grange #341 at 5 years old before joining the rest of her family as a full-fledged member in Tualco Grange #284, giving her a solid dose of “the Grange.”

The impacts of being a Grange member on Hamp’s life are not to be scoffed at. She met her husband, Duane, in The Grange. She stayed a Grange member as she attended college at Western Washington University, graduate school at The George Washington University, lived out of state and moved around Washington.

“I can’t imagine waking up in the morning and not being a Grange member and having that thought process, that connection and involvement,” Hamp says. “What it comes down to is that the most fabulous people in the world are Grange members and having that connection is important to me, it always has been.”

Grange, as a proper noun, is the organization at all of its levels — community, county, state and national. In classic grassroots fashion, all policies and movements come from the community Grange halls, with decisions being made at the smallest level before advancing their way up the ladder.

Since being sworn in as its national president on Nov. 17, Hamp has been using her competitive energy to push herself to help Grange grow and become more resilient.

“I’m not one that’s satisfied with stepping in your footprints,” Hamp says. “I want to have my own footprints and I want to bring a whole bunch more people with me.”

Hamp has adopted the motto “Grange Strong” as a slogan of sorts for this two-year term of service. Questions like ‘how does Grange compete for people’s time? How do I challenge our members to ensure their Grange is relevant? How do we work to make Grange stronger tomorrow than it is today?’ guide Hamp’s leadership as president.

Hamp is fueled by a little more than 30 years of leadership experience working in state and local government and the fire service. She retired from Spokane’s Fire District 9 just nine months before reentering the workforce as National Grange’s president.

Hamp began her journey with the fire service as a firefighter in Tumwater, where she worked 24 on-48 off for over five years.

When Hamp moved across the state to join her husband in Spokane, she became Fire District 9’s division chief of administrative services. Though her new job required her to be in District 9’s administrative office full-time, she continued to serve as a volunteer EMT and fire investigator.

Hamp said she had the coolest position in the fire district because almost nothing went through the district without stopping for approval at her desk, giving her a taste of everything from human resources and payroll to the levies going on voter ballots.

Hamp also worked briefly in emergency management for the state legislature and for the state's fire marshal's office.

Still, through all of those near-30 years in the fire service, Hamp was a Granger first.

Along with being national president, Hamp serves her local community as secretary at Five Mile Prairie Grange #905, her home Grange. Prior to the election, Hamp served as national vice president from 2021-2023, national lecturer (program director) from 2016-2021, national lady assistant steward from 2013-2016 and national pomona from 2011-2013. She also served as the Washington State Grange Lady Assistant Steward from 1990-1995 and as a Washington State Grange Special Deputy from 1999-2011.

Her zeal for Grange is longstanding, reaching back to being named Washington State Outstanding Junior Granger in 1981, Washington State Outstanding Young Granger in 1986, National Youth Ambassador in 1986 and president of the National Youth Officer Team in 1996.

The community Hamp found in Grange is something she hopes everyone can find. Each Grange is different, run by its own individual members and personalities, but every Grange has one thing in common: working toward building a better community.

What it comes down to is that the most fabulous people in the world are Grange members and having that connection is important to me. It always has been.



On a national scale, Grange members have played a significant role in getting free rural mail delivery, advocating for policies that benefit agricultural workers like fair pricing and

supporting initiatives related to infrastructure, education and healthcare in rural areas. Nowadays, National Grange is focused on making broadband accessible for all, no matter which neighborhood or ZIP code one lives in.

In Hamp's home Grange at Five Mile Prairie, a Grange that has been active since 1929, activism is centered around ensuring their community, families and kids are safe.

"Grange allows you to be some part of something bigger and better than yourself," Hamp says. "It's not what's best for small segments of society, but what's best for everybody ... When you look at our interests in the past, when you look at our interests today, it's all about making us better, making citizens better, making communities better."

Grange is on a two-year membership growth trend nationwide, both in chapters and membership numbers, and Hamp plans on pushing that trend forward.

"What I don't like is when somebody talks about the good old days, which insinuates that we're not there right now or anymore," Hamp says. "It's incumbent upon us being here in the present to make 2024 the best year ever."

Hamp encourages those interested in joining or learning more to email her directly at champ@nationalgrange.org or visit the website at nationalgrange.org.

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A Vitalist's Approach to Spring Detox

BY RACHEL CLARK

As spring approaches in the PNW, the familiar signs of renewal and rebirth begin to show themselves. The birds come back, trees start to bud and there is a freshness in the air. As humans, we are part of this yearly cycle of death and rebirth. Even if we live in the city, we are affected by the seasons and influence of nature.

Historically and evolutionarily, humans have not always had year-round access to fresh food like we do today. This modern way of living is made possible by food storage technology and a global agricultural network; but before we had year-round access to fresh produce from grocery stores, practices like canning, curing, pickling and fermentation were required to store our food outside of the growing season. We relied on foraging what we could, resting, hibernating, and hoping that spring would come before food stores ran out. Wild greens sprouting to life were among the first signs that other fresh food and forages would soon be available to nourish our bodies again.

These days, a pantry stocked with canned goods and a freezer full of frozen foods represent modern conveniences that save us the time and trouble of venturing out to the grocery store during the winter months more than life or death. Still, many of us experience an innate urge for a seasonal reset—or in modern terms a “spring detox.”

As a Vitalist herbalist, my approach takes into account that our bodies are wise and, given the right circumstances, know how to keep us healthy. Through a combination of nutrition, lifestyle and herbal support, the body's innate detox processes are fully capable of keeping us healthy.

This is not a detox guide, but rather a deep dive into one herbal “formula” to support the liver. This recipe helps to naturally support your body's endogenous detox systems gently over time. In addition to this rainbow salad, I encourage you to incorporate gentle outdoor exercise, clean your living space and incorporate a few of the “Honorable mention” herbs.

Herbs are powerful and provide countless benefits, but without incorporating food and nutrition, we usually can only get so far. Our detox processes are primarily concentrated in the liver and GI mucosa and what we eat affects how well we can process toxins, both those that occur naturally and environmental ones. This Rainbow liver salad is made to support both Phase I and Phase II and support the GI system.

Please note: For many people, adding nutrients is enough to support the endogenous detox functions and a more intensive protocol isn't necessary. Please check with a qualified healthcare provider before diving into any detox protocol or taking liver-stimulating herbs

Rachel Clark is a certified clinical herbalist and freelance writer based in Spokane. You can find out more about her practice at spokaneherbalist.com on Instagram @rachelclarkherbalist or by phone at 509-530-1369.

Rainbow "Detox" Salad

SERVINGS 2-4

SALAD INGREDIENTS

4 OUNCES DARK, LEAFY GREENS LIKE SPINACH OR KALE

Rich in flavonoids, vitamin C, iron, zinc, and magnesium to support Phase I detoxification. The fiber content nurtures your gut microbiome.

2 OUNCES FRESH DANDELION GREENS

Harvest these from an unsprayed location or your trusted local farmer. They act as a gentle liver stimulant while their diuretic nature supports kidney function.

1 BUNCH RED BEETS

Packed with betalain alkaloids, they offer anti-inflammatory and antioxidant properties.

1 BUNCH CARROTS

Loaded with carotenoids which combat inflammation and convert to vitamin A.

2 CUPS BRASSICA FAMILY VEGGIES, LIKE BRUSSELS SPROUTS OR BROCCOLI, CHOPPED AND ROASTED

Their sulfuric compounds diligently support Phase II detoxification.

1-3 CLOVES GARLIC, CHOPPED

Known for its sulfuric compounds that aid Phase II detoxification and bolster the immune system.

PEPITAS (PUMPKIN SEEDS)

A rich source of omega-6 fatty acids, magnesium, copper, and zinc, supporting both phases of detoxification.

1 CUP DARK BERRIES

A bounty of flavonoids and antioxidants.

NASTURTIUM FLOWERS

Their sulfuric compounds contribute to Phase II detoxification.

1/2 CUP CHOPPED PARSLEY OR CHERVIL

A duo offering flavonoids and carotenoids.

DRESSING INGREDIENTS

1 CUP OLIVE OIL

A wellspring of omega-3 fatty acids.

1/2 CUP APPLE CIDER VINEGAR

SALT AND BLACK PEPPER TO TASTE

Black pepper enhances the absorption of turmeric.

1/4 TEASPOON TURMERIC POWDER

The curcuminoids are your allies against oxidative stress and inflammation.

1 TABLESPOON GRATED GINGER ROOT

Its gingerols are supportive of Phase II detoxification.

2 TO 4 CLOVES CRUSHED GARLIC

They contribute sulfuric compounds to the mix.

DIRECTIONS

Preheat oven to 375 degrees F. Wash and chop the beets, carrots, and brassica vegetables. Arrange them on a baking sheet and lightly drizzle with olive oil. Allow the vegetables to roast for 25 minutes, then add the crushed garlic to the mix. Continue roasting for another 10 minutes or until the beets are tender to the fork's touch.

As the vegetables roast in the oven, prepare the Rainbow Liver Dressing. Combine all the dressing ingredients in a blender and blend until smooth and unified. This dressing can be refrigerated and stored for 7-10 days.

Assemble the salad starting with a base of assorted greens. Once the roasted vegetables are done, allow them to cool slightly, then layer them atop the greens. Garnish your salad with a sprinkle of pepitas, a flourish of nasturtium flowers, fresh parsley or chervil, and a generous drizzle of the invigorating Ginger Turmeric Dressing.

DETOX 101

Detox happens in two phases. Phase I prepares toxins for Phase II by activating detox enzymes (oxidation enzymes) in our body. Phase II reactions are called conjugation reactions. These conjugation reactions take the products of Phase I and combine them with water-soluble compounds, making them more easily excreted from the body. It is important to understand both Phase I and II because an increase of Phase I enzymes without supporting Phase II can lead to an overall increase of toxins in the body. Both phases need nutritional cofactors to function fully. Phase I nutrients include copper, magnesium, zinc, vitamin C, B vitamins, glutathione, flavonoids and antioxidants. Phase II nutrients include dietary sulfur, selenium, folate, B12, Omega-3 fatty acids and calcium just to name a few.

Adam & Emily Powell,
Lilac City Harvest



Spring Greens

For our farmers, spring is a time of preparation, planting and the beginnings of harvest. One of the first fresh items to sprout from the earth and grow to maturity are leafy greens! There are a number of cold-hardy greens that can be ready to harvest as early as mid-March like mizuna, mustards, kale, lettuces and swiss chard. Full Bushel Farm in Medical Lake, WA combines a mix of these greens to maximize the variety of texture and flavor in an ideal salad base.

During the early spring, Lilac City Harvest in Veradale, WA has started to grow an heirloom variety of Chinese cabbage called Tokyo Bekana that can tolerate cooler temperatures and thus extend the farming season. Bekana looks and tastes like lettuce with a mild hint of mustard. This novel green is perfect for tossing in a salad with a balance of tenderness and nutrition.

Prior to the bloom of farmers' market season, greens from both Full Bushel Farm and Lilac City Harvest can be found in LINC Box, our farm-to-table subscription.

Add the Groovy Greens
subscription grown by
Full Bushel Farm to your LINC Box
to enjoy fresh and flavorful spring
greens each week!

LINC BOX

Add a kick of flavor and bonus nutrition to a bowl of leafy greens!

Carrot Ginger Dressing

INGREDIENTS

1 large carrot from Hayshaker Farm,
chopped into half inch pieces
½ CUP olive oil
1 TBSP ginger, minced
2 TBSP rice vinegar
2 TBSP sesame oil
2 TSP maple syrup
¼ TSP salt

PROCESS

Blend all ingredients together in
an upright blender or food processor.
Add olive oil as needed to meet your
desired consistency. Enjoy!

The **Local Inland Northwest Cooperative (LINC)** is a farmer-owned food hub that supports over 100 growers, ranchers and producers east of the Cascades. LINC's local sourcing team has developed a Spokane based food network connecting farmers with universities, institutions, breweries, emergency food partners and individual customers across the region.

To bring the farm to your doorstep, LINC curates a year round farm-to-table subscription for locally and organically grown produce and meats. Each LINC Box can be filled to the brim with add-ons to further support the local food system including INW Fruit, Artisan Cheese, Local Mushrooms, Grain Shed Bread, Free-Range Eggs, Roast House Coffee, and Wildland Wine. Neighborhood LINC Box pickup locations span across the greater Spokane-Coeur d'Alene metropolitan area. Find one near you or choose home delivery at lincfoods.com/linabox!

About LINC

What's our secret ingredient?

Our agents.



We love how Spokane is truly a "small-big city"!

The unique and plentiful neighborhoods are full of some of the best people - people who are kind, not afraid of eye contact or a smile, or to engage in conversation. If your car breaks down, people will come help. This is what sets Spokane apart.

There are so many opportunities to be whoever you want to be here.

It is not uncommon to see us at **Pentagon Bistro & Martini Bar** in Liberty Lake at 4pm on any given weeknight. We love that it sits in the heart of Liberty Lake and has many regulars we know by name!

You can't mention Liberty Lake and not talk about **Hay J's Bistro!** Located in a gas station strip mall, it is often overlooked. Our favorite dishes are the parmesan-crusted halibut and their seasonal risotto.

Nick and Ashley Salzwedel

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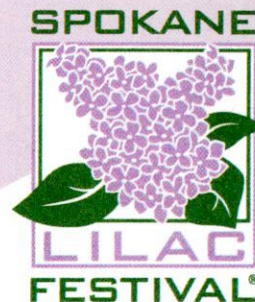
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- ★ Date: May 18, 2024
- ★ Location: Riverfront Park
- ★ Time: 1-5pm with VIP Admission Starting at Noon

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FRI 17	PRESIDENT'S GALA 📍 Centennial Hotel, Riverview Ballroom
SAT 18	BREWFEST, CAR SHOW, MARKETPLACE 📍 Downtown Spokane
SAT 18	ARMED FORCES TORCHLIGHT PARADE 📍 Downtown Spokane

SPOKANE



On behalf of the board of directors of the Spokane Lilac Festival Association I am pleased to introduce the 2024 'Dare to Dream' Royalty Candidates.

This year's cohort of candidates continues the tradition of showcasing the brightest students from among the senior classes of Spokane County high schools. This outstanding group of young women embody the spirit and promise of our community. Boasting an impressive average GPA of 3.856, these candidates hail from 17 Spokane area high schools, marking our broadest representation since 2019. Candidates are involved in a diverse array of activities including National Honor Society, cheerleading,

martial arts, track, yearbook, speech and debate, Associated Student Body, Podcast Club, Conservation Club, golf, choir, theater, and much more. Not only do each of them excel in multiple AP/Honors courses, but many also enrich their education through dual enrollment at local universities. The 2024 candidates volunteer in their communities through camps, churches, and numerous community nonprofits, while some even have part-time jobs on top of their civic and academic pursuits.

The SLFA Royalty Scholarship and Development Program stands as a testament to empowering youth. Annually, candidates are enrolled in a training program that provides an opportunity to be recognized for their achievements while learning about servant leadership and helping them build life skills that will benefit their lives in college and beyond.

Since the start of candidacy on January 8, they've received trainings on time management, self-care, what it means to be an ambassador for their school and Spokane, resume writing, interview skills, and learning their communication styles, self-defense, leadership, and military history. Candidates also volunteer at the VA, with Habitat for Humanity, and 2nd Harvest Food Bank on their journey to joining Royal Court and future leadership roles. Once selected, the Royal Court will make numerous appearances throughout the Lilac City, host as youth representatives for the 86th annual Spokane Lilac Festival and continue with trainings and volunteering through fall.

Our Royalty Scholarship and Development Program, and these women, are something Spokane should be proud of! Every young woman that comes to us represents their school and our city with integrity, grace, and pride. We hope that by, sharing some of their Spokane favorites and experiences you will receive a glimpse into this year's candidates passion for our city and the SLFA's commitment to our ongoing mission to empower our youth

Lilac Love,

Adriana Demakas Berndt

Executive Director | '03 Past Princess



Chloe

I intend to use my position with the Spokane Lilac Festival by trying to be a servant in everything I do, giving back in anyway I can, and showing love to the community that has shown me so much love!

*Northwest
Christian
High School*



My family's go-to celebration place is *Menchie's*. We love *frayo*! It's a tradition of ours.

Andrea

The Lilac Festival Association has helped me become a better leader, student, friend, and daughter. I wish to continue those roles and help others develop those relationships better as well.

*John R.
Rogers
High School*



My favorite local restaurant is *Little Garden Cafe*. It's a perfect place to study while grabbing a filling meal with an amazing atmosphere.

Chloe

I love the community in Spokane. From going to farmers markets to local businesses, you're always discovering something new about Spokane.

*West Valley
High School*



The *Black Swan* is the best Chinese takeout, hands down!

Ashley

I have an opportunity for positive impact in our city as an ambassador to representing the Lilac Festival. I can be an example of how my generation cherishes aspects of Spokane that make it truly special - our nature, our events and our people.

*Grace
Alliance
Christian School*



I love going on nature walks and *boba tea*! My favorite is from *Revival Tea Co.*

Hailey

I take pride in our wonderful city, and now, because of my trainings, I know so much more about it and have loved sharing my new knowledge with those I come across.

*Shadle Park
High School*



I have loved *Frank's Diner* ever since I was little. My go-to order is the *Eggs & Brawnes* with my eggs slightly over easy!

Bianca

I will use my experience with the Lilac Festival to empower fellow Indigenous women to extend beyond society's confines as well as their own self-doubts in order to live the best life they can have.

*Central
Valley
High School*



My favorite local restaurant is *Tecate Grill*. I love their delicious *tamales* and perfectly grilled *carne asada*!

Jane

Kindness is one of my core values; I believe it is essential in building relationships and communities. The Lilac Festival gives me the opportunity to encourage others to act with kindness and strengthen our Spokane community.

*José E.
Ferris
High School*



My favorite local take out is from *Ferrante's Marketplace Cafe*. It's a family favorite.

The seven members of the
2024 Dare to Dream Royalty Court
will be selected after
private interviews on March 2.

Join us on April 13 at 4:00pm
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spokanelilacfestival.org/royalty



Kate



Mead
High School

I love the abundance of community you can find within Spokane. Everyone can find a diverse, special place where they belong. The support we can find and give within our city is amazing and a true blessing.

During market season, I love to volunteer at the *Fairwood Farmers Market*. It's a great place to get produce and enjoy a little treat.

Madeleine



Lewis &
Clark
High School

Being part of the Lilac Festival opens up more opportunities for me to serve our Spokane community, and I have loved getting involved with Habitat for Humanity and spreading kindness to local veterans.

My absolute favorite coffee place in town is *Rockwood Bakery*. I love to get a *hot chai tea latte*!

Katie



East Valley
High School

I want to use my experience with the Spokane Lilac Festival to meet more people that I can serve, as well as be aware of populations in need that I can try to support!

My favorite coffee in town is from *Daggy's*. I always order a *Surprise Me Lotus*!

Mari



Freeman
High School

The Lilac Festival as an opportunity to bring our city together by presenting Freeman High School to the greater Spokane area and to give awareness to important causes in our local community.

I love getting *pizza* with friends and family at *Republic P.*. All of their pizzas are named after locations in Spokane.

Kharmia



Ridgeline
High School

Representing the Lilac Festival is to empower youth and women within our community while recognizing those who have fought for us and deserve much more recognition and respect than they sometimes receive.

The Scoop is a great place to go for ice cream! We save it for special occasions, but it's the best *ice cream* I've had!

Maria



Chesterton
Academy of
Notre Dame

I want to use this opportunity with the Spokane Lilac Festival to lead as an example for younger girls. I hope they realize that through hard work and dedication, anything is possible.

My favorite coffee shop is *Ladder Coffee Roasters*. I love it because they have amazing seasonal specials!

Kwyneci



Gonzaga
Preparatory
School

Representing the Lilac Festival means everything to me. The Spokane Lilac Festival Association is incredible and it provides amazing opportunities for young women.

My absolute favorite take out is *Zips*! I love their burgers, *fry sauce* and chocolate milk shakes. My friends and I love going there after football home games.

Miranda



Cheney
High School

Representing the Lilac Festival means being welcoming, genuine, eager to help or volunteer, willing to go the extra mile, working hard for what you want to accomplish, and then turning around to help the next person do the same.

My favorite local restaurant is the *Rusty Moose*. They make a mean *Mac and Cheese*.

Livi



Mt. Spokane
High School

As a Lilac Royal Candidate, taking the volunteer opportunities provided along with being kind to everyone and treating everyone with utmost respect are just some ways I can positively impact our city.

For special occasions, I tend to go to *1898 Public House*. I often go before school dances since it's on a beautiful golf course fit for *taking cute pictures*.

Olivia



University
High School

Representing the Lilac Festival means that not only has my hard work been recognized, but now I have been given more opportunities to expand on my skills and positively influence an even larger audience.

My favorite local restaurant is *Wooden City* in downtown Spokane. Their *stuffed Hungarian peppers* are absolutely to die for!

BRASSERIE FOUR

BY ALEX BARROUK

Take a generous amount of rillettes Chef Guillermo Gonzalez patiently concocted with love, and add it on top of the exquisitely crusty baguette delivered daily by the Walla Walla Bread Company, and voila! It doesn't take much more than that for Frenchie McFrencherson (moi) to realize there are many synonyms for happiness. Do you know that French people have an etiquette describing, with precision, how to savor rillettes and cheese, for instance? You can't just spread it! I mean, you can... but you'd certainly get the side look of disapproval from my Gallic people. The etiquette requires one to press the treasured delicacy with a single confident hand and knife gesture, performed with very French authority.

Brasserie Four, located in lovely Walla Walla, came up in many conversations, but I never had a chance to try it until today. It's funny how, when you come from somewhere else, you can tell just by looking at a menu if a Chef has figured out what the heart and soul of your somewhere else are about...or if they are using it as a canvas to perform

their own re-interpretation of the cuisine you hold dear and consider to be your culture's legacy.

From the moment I glanced at the menu to the very last bite, Brasserie Four, led by owner Jamie Guerin, hit all the right notes. Chef Guillermo Gonzalez, General Manager Meredith Call, and Wine Director Robert Ames altogether maneuver this ship with a serene attention to details, ensuring all guests are simultaneously receiving and participating in this very convivial and family-like experience. **Insert sigh of pleasure and nostalgia here**. I'm transported to my hometown. Next table neighbor and Brasserie Four regular, Peggy, confirms: "This is as close to Paris as it gets." And she knows what she's talking about. I can tell by the way she makes fun of the very French scarf I'm wearing. She winks. She has the attitude. That's it. We're both fluent in Parisian now. **Insert playful and subtly mischievous wink here**.

Guerin, French by name and heart but born, raised, and trained in Culinary Arts in the US, keeps the French vibration alive. In the continuity of former owner and Chef Hannah

MacDonald, the line is clear: no change. That might sound like a passive statement. But in our culture, it's quite the opposite. It takes so much work, so much attention to details, so much love, and reverence to a culture, to pursue and deliver cuisine bourgeoise with French flair, consistency, and stubbornness.

I can't encourage you enough. Run. Now. Relish the salty creaminess of the rillettes, the garlicky bite of escargot, the anisette touch elevating the mussels, the earthy and hearty richness of the cassoulet, and the delicately tart and zesty gourmandise of the crepe au citron...Brasserie Four's inspired team captures and generously shares a sense of terroir I have rarely found since I moved to the US.

All the Frenchness in me starts getting worked up. I'm reminded that I'm surrounded by "French-inspired" restaurants continuously attempting to re-invent our cuisine and, honestly, I'm annoyed. I wonder... Am I a jerk or am I just French? Admittedly, we are a little elitist and straightforward. Are we, French people, just difficult every time we taste a "re-interpretation" of a French traditional delicacy, or is there

A FRENCH



actual ground to support a case for our cherished centuries-old traditions?

In order to weigh on this critical matter, I have to invoke the spirited opinions of two respected figures. Chef, former owner, and Brasserie Four founder: Hannah MacDonald... and my dear friend: Chef Carrie. I mean, who in the whole universe is in a better position to discuss Frenchness than someone whose motto is "I resist Mondays." French people should have come up with this!

Chef Carrie, a reference when it comes to cultures, cuisine, and palate, will tell you that she has no reverence in her own cooking but when it comes to honoring a century-old cuisine culture, honesty is everything. Chefs don't cook, they expose guests to certain ways of thinking. Understanding and celebrating the cuisine you're serving, who you're serving to, and what for, matters. When she cooks for others,

just like other chefs, she becomes an ambassador. If you're calling your place a tapas bar, then serve real tapas. There is nobility in honoring a culture and the gifts its culinary traditions have to teach you. There's true grace and joy that come with embracing tradition.

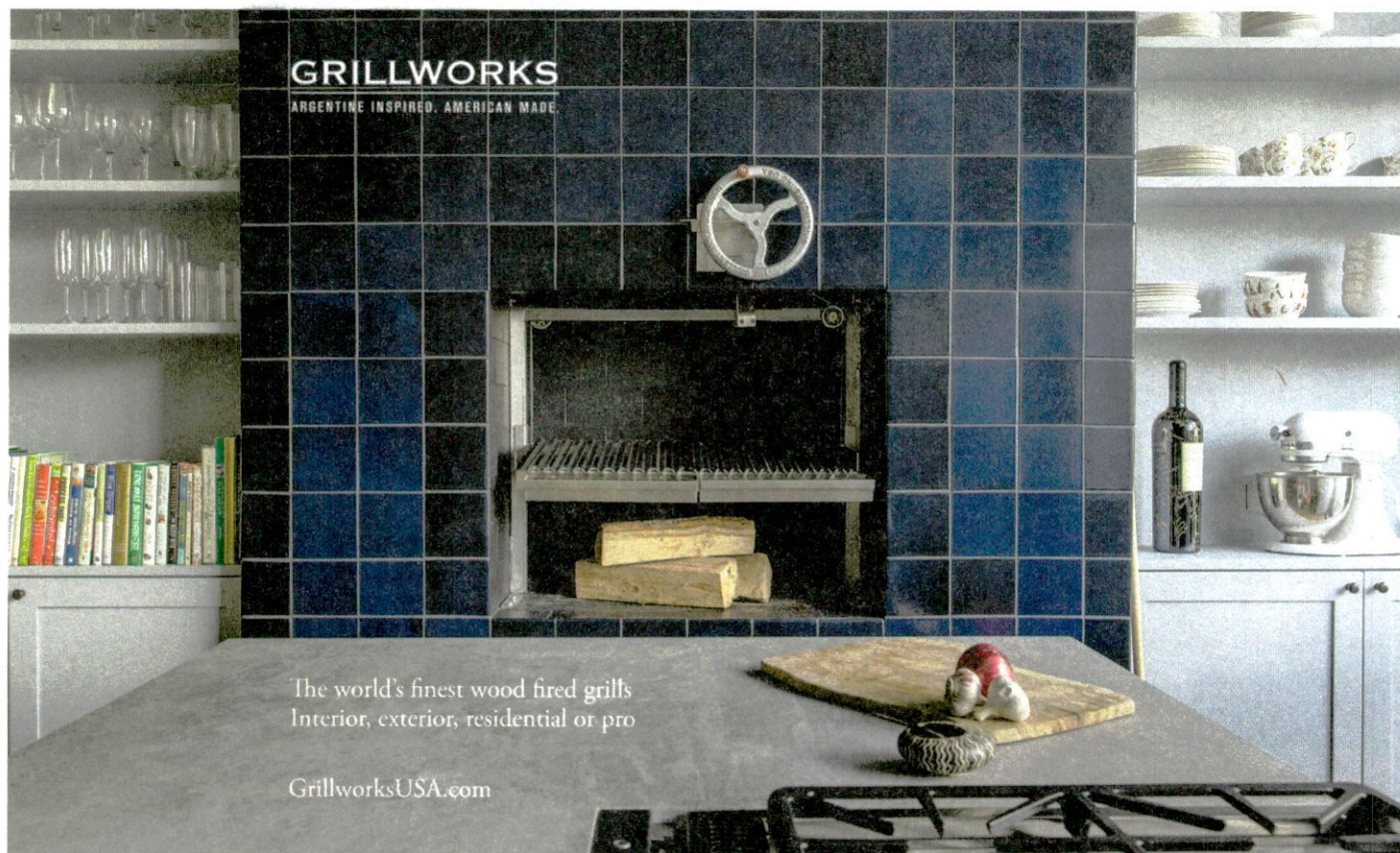
Chef Carrie continues: I love watching my kids cook recipes I taught them, like ratatouille, slice vegetables peacefully, and assemble them. Tradition being carried on is beautiful to witness. I've just made it once for them but they remember - I put all the love I have in my cooking, and now they do, too. It's like poetry in motion, in textures, in colors, and in flavors. When you observe someone working on dough, they put their soul in that dough. Magic can't happen if you take love out of the process. If us French actually have something to say about love, then why try to re-interpret it? Brasserie Four pays a vibrant homage to the culture

I'm lucky to call mine, and every bite, every interaction, every moment in the restaurant is a little touch of French spice, in "a city so nice, they had to name it twice!"

Chef Hannah McDonald founded Brasserie Four after years of traveling, tasting, understanding, and learning French cuisine and its ancestral techniques. Her vision was to craft traditional French food, with beautiful locally sourced and seasonal ingredients, in order to offer the most adequate pairing to a vibrant and nascent wine region. What could echo and celebrate a new terroir better than a centuries-old terroir...?

Chef Hannah notes that consistency is paved with challenges. Cooking an old recipe the exact same way every single time is no easy task. With Brasserie Four, that was the goal, while embracing seasonal changes. "We've done an

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excellent job at doing that and when Jamie Guerin took over, he didn't change anything. They've done an excellent job at maintaining its integrity." It's with profound joy that I say I couldn't agree more!

One of my favorite parts about the whole experience is a detail some might not notice. While you will see families with kids at Brasserie Four, there's no kids menu. Only half portions for half the price. When Chef Hannah opened, her son was four and she wanted an approachable and elevated brasserie, where families would be able to dine, and children would be able to be part of the experience.

Palate elevation and understanding the beauty of traditionally crafted cuisine is pure magic, and it's not owed. It's learned. It takes patience, knowledge, intentionality, and character. And there's nothing more beautiful than witnessing taste buds opening up and blossoming into the next generation of dough kneaders, patient stirrers, traditional stew makers, and food lovers.

For all of you looking for that experience, Brasserie Four is a must-stopover on your culinary journey.

BRASSERIE FOUR · 4 E MAIN ST, WALLA WALLA, WA 99362



PHOTOS COURTESY
BRASSERIE FOUR
© BEN LINDBLOOM



A GUIDE TO

Walla Walla Wine Districts

BY HANA-LEE SEDGWICK

In recent years, the Walla Walla Valley AVA has emerged as one of the leading wine regions in the nation. Home to nearly 3,000 acres under vine and 135+ wineries, this burgeoning area along the Washington-Oregon border offers everything you want in a wine destination: great wine, beautiful scenery, delectable cuisine, and plenty of activities. For those of you yet to explore Walla Walla wine country, now is the perfect time to discover its charm, especially since it's located less than a three-hour drive from Spokane.

Before diving into your travel plans, it's good to understand that the Walla Walla Valley is divided into six wine districts, each with its own character and offerings. Luckily, the region's small size makes it possible to experience multiple districts over a few days, so let's get to know what makes each special.





Airport

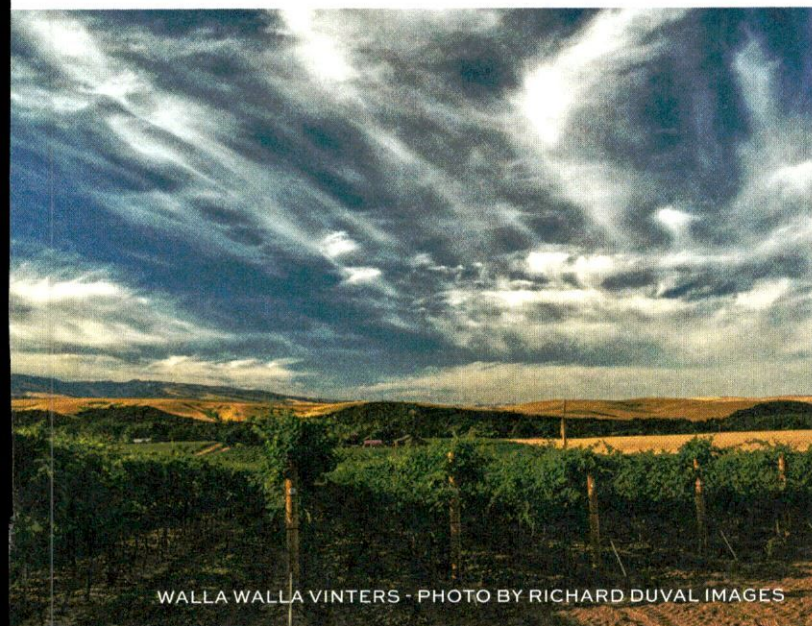
Close to Walla Walla's regional airport just east of downtown, the Airport District is one of the area's most unique wine destinations, offering the perfect blend of history and innovation. A former World War II army airfield, it's now home to several wineries, breweries, and distilleries that have creatively repurposed old hangars and industrial mess halls into inviting tasting rooms and production facilities. Fueling the area's innovative spirit is the Port of Walla Walla's Winery Incubator Program, which champions the growth of the wine industry by providing essential production spaces and tasting rooms to five start-up winery ventures. Don't miss rising stars **Hoquetus Wine Co.**, **SMAK**, **Itä Wines**, and **Prospice**, as well as more established names such as **Dunham Cellars** and **SYZYGY**. A beer at nearby **Quirk Brewing** is a refreshing way to cleanse the palate in between tastings.

Oregon

Furthest south is the Oregon District, home to a surprising 43% of Walla Walla's plantings. Renowned for its Syrah, this region encompasses the famed Rocks District of Milton-Freewater—a sub-AVA characterized by its cobblestones from an ancient river. Though the majority of wineries here aren't open to the public, the few that do welcome visitors—like **Rôtie Cellars**, **Ducleaux Cellars**, and **Zerba**—are worth the short drive across the border.

Southside

The picturesque Southside District, just ten minutes south of downtown, features quiet two-lane roads surrounded by vineyards and wheat fields, along with glimpses of the Blue Mountains at every turn. While its many wineries are within close proximity to each other, the best way to experience the Southside is to enjoy a leisurely pace (meaning, don't try to fit in too many tastings). From small, family-owned wineries to larger, more grandiose properties and modern estates, you'll find a bit of everything, and the wines on offer are just as varied. Check out one or two newer producers, such as **Valdemar**, **Alton Wines**, and **Grosgrain**, then visit a couple of the longer-standing wineries, like **Sleight of Hand**, **Pepper Bridge**, **Gifford Hirlinger**, and **Balboa**.



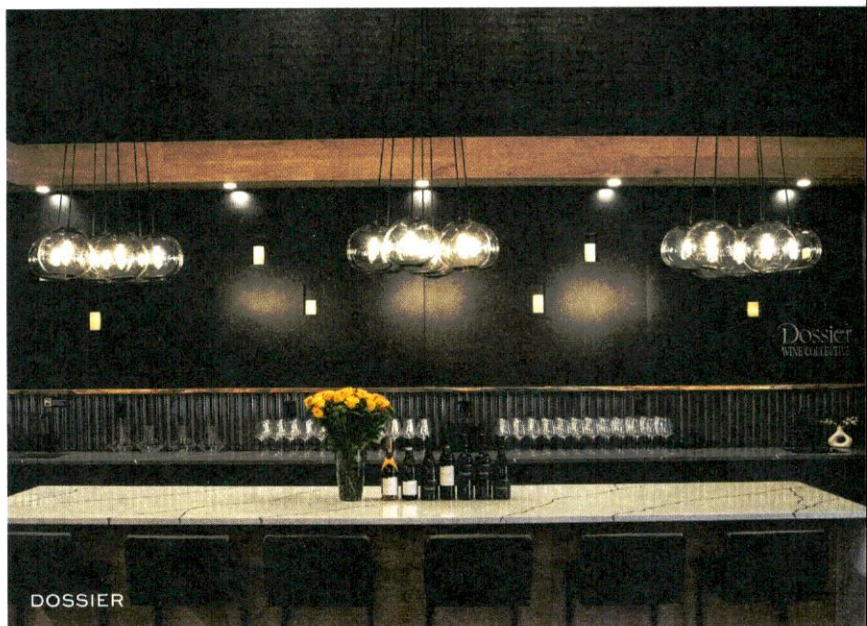
WALLA WALLA VINTERS - PHOTO BY RICHARD DUVAL IMAGES

Eastside

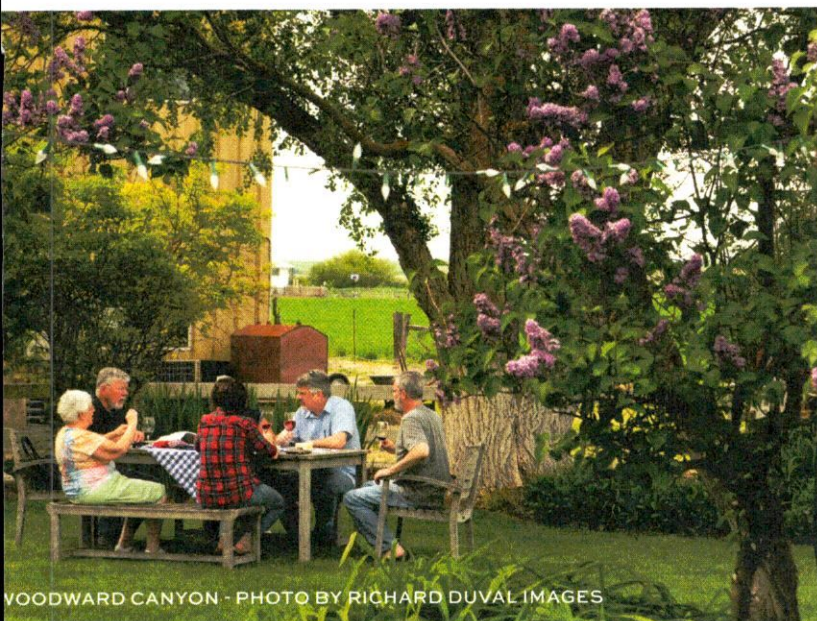
The aptly named Eastside District is positioned on the eastern side of the Walla Walla Valley, along the foothills of the Blue Mountains. Here, you'll find several iconic wineries (including Walla Walla's first commercial winery—**Leonetti**) nestled within the scenic, sprawling hills near Mill Creek, an area predominantly planted to Bordeaux varieties like Cabernet and Merlot. The overall vibe of this bucolic region is tranquil, inviting you to slow down and savor each moment. Pack a picnic and head to the family-owned **Walla Walla Vintners** or **Aluvé**, then pay a visit to nearby **Abeja Winery** to sample acclaimed wines amidst the relaxed setting of the century-old farmstead.

Downtown

Walla Walla's historic downtown features more than 30 tasting rooms within a few short blocks. So, while you may not get to enjoy vineyard views from impressive estates, it's hard to compete with the convenience of being able to walk everywhere. From chic tasting rooms to simple, more intimate spaces, Bordeaux and Burgundian wines to Rhone and Spanish varietals, there's truly something for everyone. Plus, you'll have easy access to delicious food and shopping in between tasting rooms. Don't miss **Dossier**, **Echolands**, **Pursued by Bear**, **Time and Direction**, and **Dama Wines**, and be sure to check out **The Thief** for an impressive selection of wine, spirits, and beer.



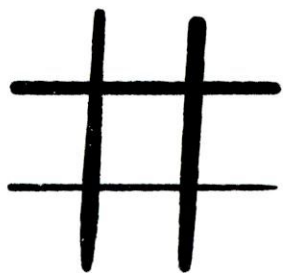
DOSSIER



WOODWARD CANYON - PHOTO BY RICHARD DUVAL IMAGES

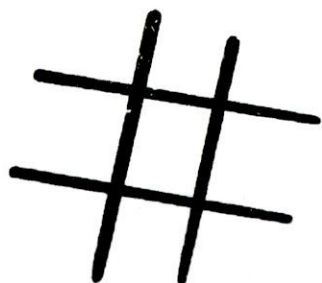
Westside

The Westside spans the area along Old Highway 12, just a few minutes west of town. Here, you can discover some of Walla Walla's oldest wineries and vineyards, such as **Woodward Canyon** (established in 1981) and **L'Ecole No 41** (founded in 1983)—the latter of which is located inside a 1915 schoolhouse. Taste through Walla Walla's grape growing history as you sample the range of Bordeaux, Rhone, and Italian varietal wines. In contrast to its pioneering wineries, the Westside also encompasses a small grouping of noteworthy urban wineries, including **Gramercy Cellars**, **The Walls**, and **Foundry Vineyards**, infusing a modern, artsy vibe to this diverse district.



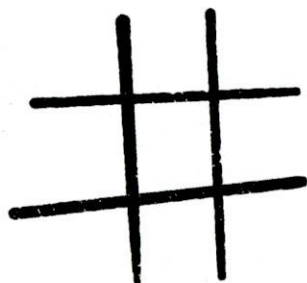
Once upon a time, in the magical town of Spokane, there lived a gentle giant named Harry Heritage.

Unlike his Bigfoot cousins, Harry wasn't interested in hiding in the woods. He loved wandering around Downtown Spokane, watching trains pass over Monroe Street in between munching on his favorite snacks like Fancy Nancies, Chicken Dippers and Curly Fries. Yum!



One day, Harry heard about a special type of pizza hailing from a faraway land called "Detroit". It sounded too good to be real, with a thick, fluffy crust, edges covered in crispy, golden cheese and tasty tomato sauce right on top.

Harry figured this pizza was the stuff of legend, for if it was real, surely someone would have spotted it by now!



Harry had never left Spokane before, but his mouth watered at the thought of it! So he decided to set off on an adventure to the Midwest in search of this fabled pizza.

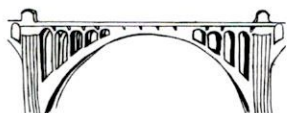
Much to his surprise, Harry didn't have to journey far. Just a ways down the road, in a place called Spokane Valley, Harry encountered a magic Saucerer who showed him a cozy little spot in the land of fluffy puffy sunshine where they served just the delicious treat he had been searching for!

It was called SAUCED and the pizza there was everything Harry had hoped it to be and more!

As Harry devoured his new favorite treat, washing it down with a tasty local elixir, he knew he had found his new home away from home! The only thing missing was friends to share with. So Harry invited everyone to come and enjoy this scrumptious pizza with him.

And from that day on, Harry Heritage became the most popular 'squatch in all of Spokane!

Heritage



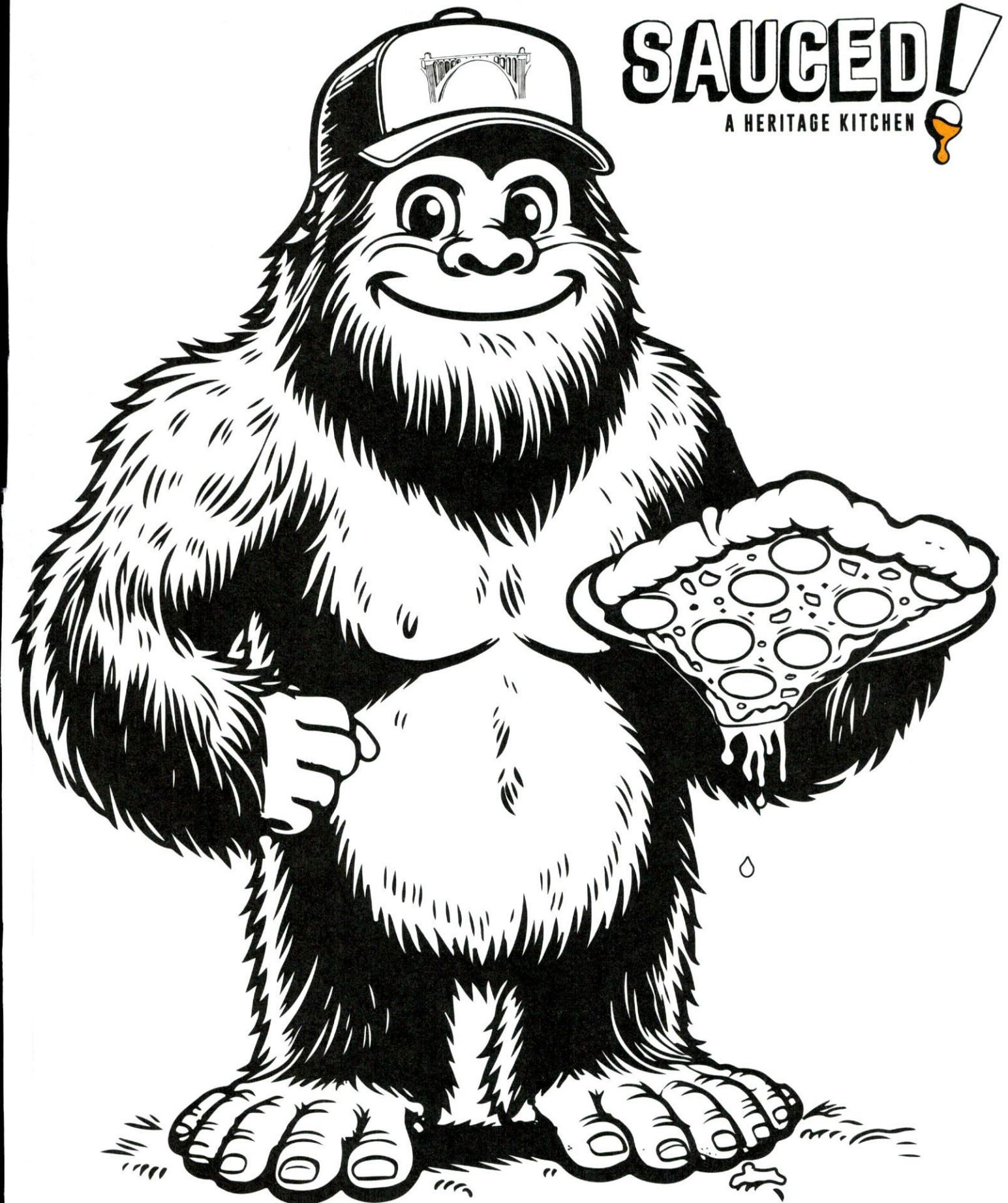
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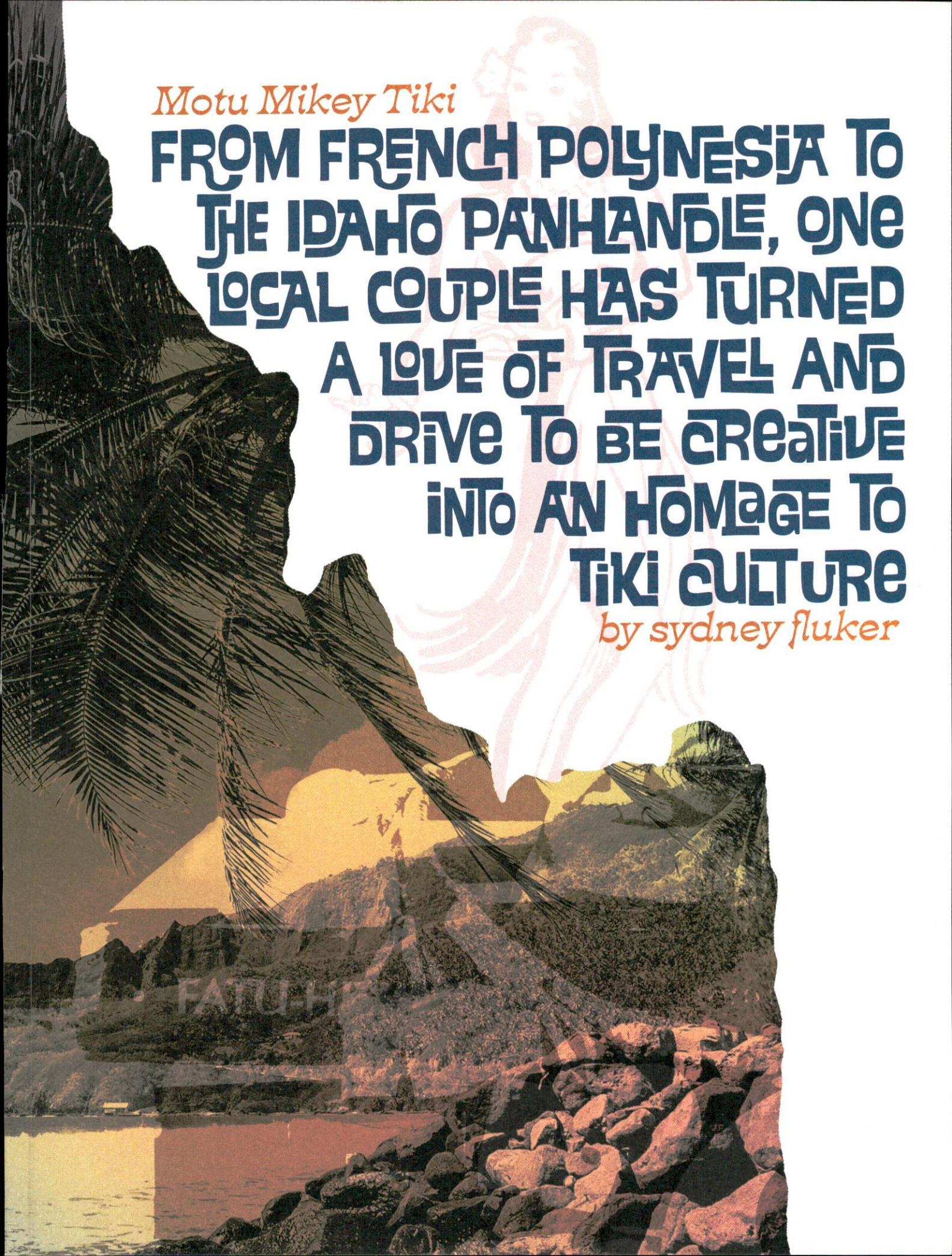
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Motu Mikey Tiki

**FROM FRENCH POLYNESIA TO
THE IDAHO PANHANDLE, ONE
LOCAL COUPLE HAS TURNED
A LOVE OF TRAVEL AND
DRIVE TO BE CREATIVE
INTO AN HOMAGE TO
TIKI CULTURE**

by sydney flucker



**EMILY & MIKEY GRIBBIN AT TIKIFEST
IN SCOTTSDALE, ARIZONA**

When COVID-19 shuttered the world around us, Michael “Mikey” Gribbin found himself itching to do something with his hands.

“We were feeling trapped. I felt like I wanted to make something with my hands because I was so used to taking landscape photos and having a creative outlet that way,” Mikey says.

Inspired by their honeymoon travels to the Marquesas Islands, an archipelago in French Polynesia, Mikey decided to try and make a sculpture based on what he saw there.

With encouragement from wife and business partner Emily Gribbin, he gained a following through documenting his journey on Instagram, from his first attempt with air dry clay to his recent collaboration with Marquesan artist Tangy Taupotini (IG: @cannibal.art.marquesas).

The Gribbins had found themselves knee-deep in the world of tiki.

Tiki culture is an American-originated art, music and entertainment movement inspired by Polynesian, Melanesian and Micronesian cultures. A large facet of tiki culture is mug making, which the Gribbins connected with through Instagram.



I want more of myself to shrine through while sticking true to some motifs and educating people about the indigenous cultures that inspire the process

"There's no real trade secrets or anything," Mikey says, as bigger tiki creators have shared with him advice and insights into the trade after just a direct message.

Mikey admits that when he first began making tiki mugs, cultural appropriation was an unfamiliar concept. Initial pushback from a follower made him reconsider his craft and enact practices that lift up the Indigenous artists and traditions that originally inspired him to create. His website boasts lengthy descriptions of the inspirations behind his mugs to open the door for people to explore that culture themselves, he says. The couple also sets aside proceeds from each mug to donate to a relevant cause that uplifts Indigenous voices, most recently the First Peoples Fund.

"My goal with each new piece that I make — I want more of myself to shrine through while sticking true to some motifs and educating people about the indigenous cultures that inspire the process," Mikey says.

Having been together for eight years, the two know how to use their strengths to their advantage. Mikey, who enjoys the creation process, sculpts and molds the initial mug. Emily, who tends to enjoy the calming nature of repetitive actions, pours, glazes and paints the mugs based on Mikey's original design.

"We're both very creative, but Michael has this part of him that needs to be fulfilled creatively, whereas I'm very good at repetition," Emily says.

"I call her the shipping department," Mikey says with a laugh. "I don't think I would [ship anything] if I was by myself, but Emily's like 'I love it, let's do it, I want to ship two million things.'"

The couple naturally makes a good team, with the two of them choosing to pair up for their side hustle in wedding photography and videography.

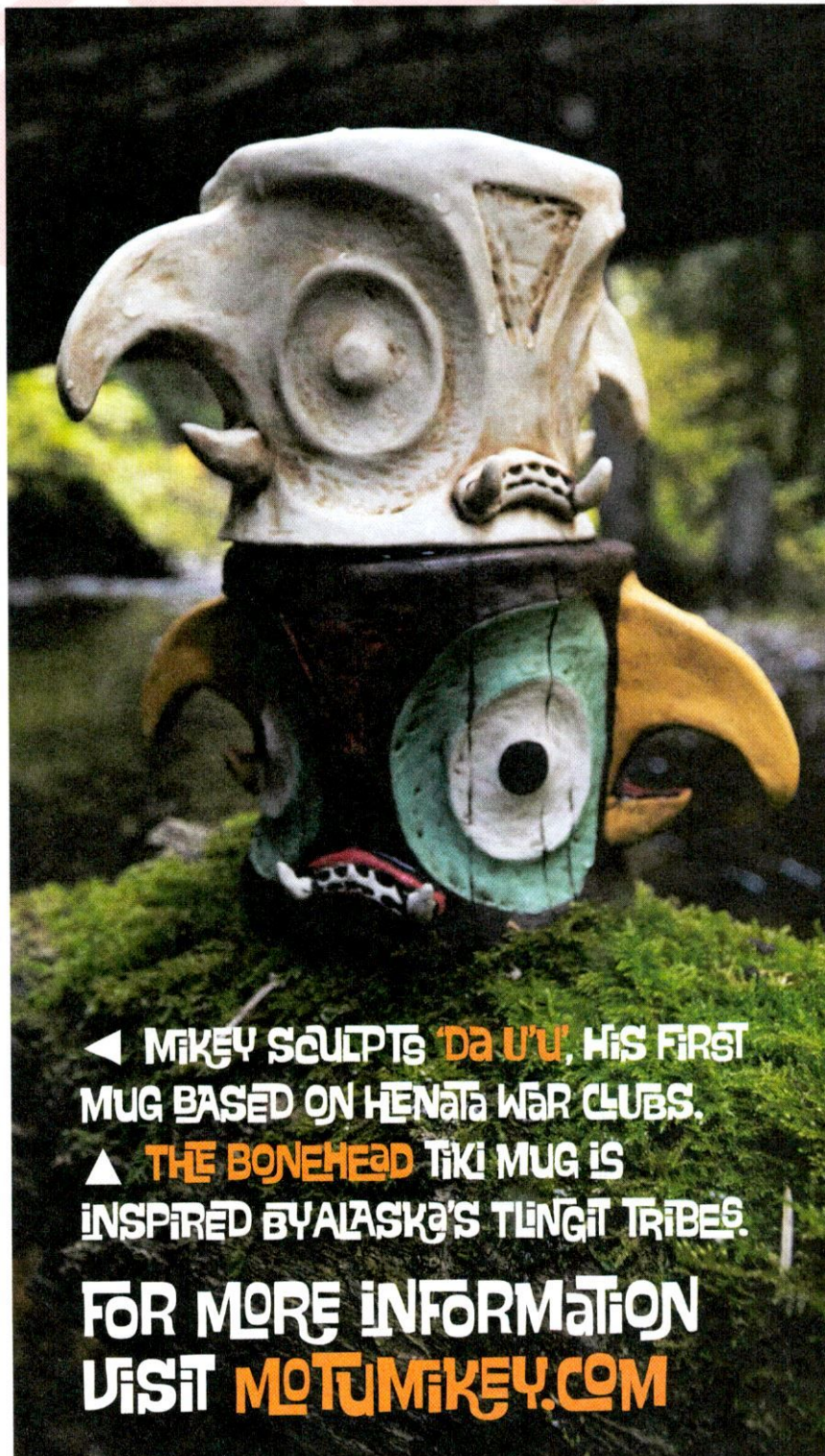
"We're best friends," Mikey says. "It's easy to do everything together."

Outside of tiki-making hours, Mikey works full-time in advertising out of Spokane Valley, while Emily likes to stay busy with creative enterprises like wedding photography and videography, writing, needle crafts and making swizzle sticks for their mugs. She also shoots content for Motu Mikey, preferring to work with film photography.

Prior to ceramics, the Gribbin's spent their weekends in nature, hiking to find the perfect shot. While they still like to get outdoors, the mug making process takes priority most weekends.

But the two of them take it all in stride, together.

"Getting to do something creative and artistic with your best friend — I can't really think of anything better," Emily says.



◀ MIKEY SCULPTS 'DA U'U', HIS FIRST MUG BASED ON HENATA WAR CLUBS.

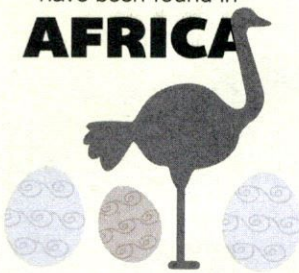
▲ THE BONEHEAD TIKI MUG IS INSPIRED BY ALASKA'S TLINGIT TRIBES.

FOR MORE INFORMATION
VISIT [MOTUMIKEY.COM](https://motumikey.com)

The Big & Small on EASTER EGGS

Ostrich eggs with engraved decoration that are

60,000 YEARS OLD
have been found in
AFRICA



The traditional act of painting eggs is called

Pysanka



A pysanka is a
Ukrainian
Easter egg, decorated
using a wax-resist
(batik) method

EGG DYES

were once made out of
natural items such as onion peels,
tree bark, flower petals and juices



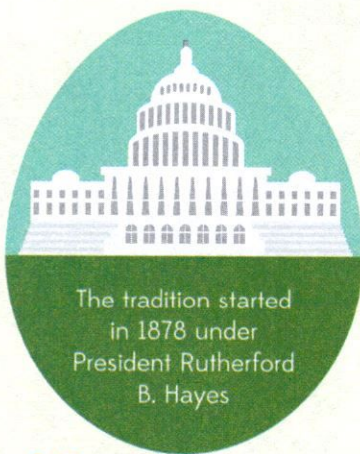
Today they are usually made by
mixing vinegar, hot water and
store-bought food colouring

The term Easter gets
its name from

EASTRE

the Anglo-Saxon goddess
who symbolizes the hare
and the egg

35,000
people will attend the
Annual White House
Easter Egg Roll



The tradition started
in 1878 under
President Rutherford
B. Hayes



Eggs have been seen as
ancient symbols of fertility

\$2.1 Billion

Total annual
spending on
Easter candy

That's
7 Billion Pounds
of candy

\$28.11

Average amount
spent on
Easter candy

70%

of Easter candy
purchased is
chocolate



POLAND

1500
EASTER EGGS
are inside the
EASTER EGG MUSEUM

in Ciechanowicz, Poland setting
the world record for the largest
Easter Egg collection

The tallest
chocolate
Easter egg
ever was
made in

Italy
in **2011**

18.7 ft

5.5 tonnes



At **35ft & 7 tonnes**, it's taller than a
giraffe & heavier than an elephant!



The most popular chocolate
egg in the world today is

CADBURY'S CREME EGG

If all the Creme Eggs made in a
year were piled on top of each
other, it would be ten times
higher than Mount Everest!

BREAKING NEWS



WE'RE BACK

We're thrilled to announce the revival of our e-newsletter! As we enhance our online presence, we look forward to sharing an expanded array of content with you. Our team is excited to bring more stories and flavors of the Inland Northwest directly to your inbox. We have added new teammates from across the region and will continue to expand our reach from the Tri-Cities to Coeur d'Alene and every town in between. Also, we're launching new merch soon—and we think you're going to like it.

SCAN TO JOIN OUR E-NEWSLETTER AND DON'T MISS A THING.



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ON THE DAILY**

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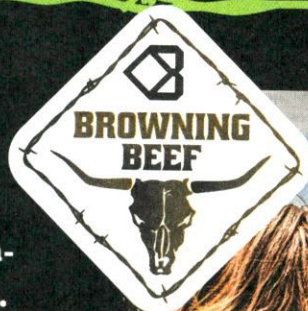
" We have multiple ways for you to experience our signature longhorn-cross, grass-finished beef. We have a closed herd meaning raised from birth on our ranch. We invite you to try us out with a special discount for Edible readers.

Enjoy 15% off using the promo EDIBLE15."

-Frankie Browning

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- Monthly subscriptions
- Custom locker beef in quarters, halves and wholes
- Signature longhorn-cross



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Fighting Waste and Wildfires With The American Fire Co.

It started with an excess of fire hoses.

Kayla Cartelli and Michael “Mike” Rideout had only been dating for a year when Rideout sent Cartelli to a firehouse auction to pick up a couple pallets of hoses. A miscommunication between the two saw Cartelli proudly walk out of the auction with around a dozen pallets.

Rideout had recently begun selling American flags he made out of fire hoses (hence the auction purchase), but the two found themselves needing to get creative to repurpose the sheer amount of old hoses they now owned. They branched out into koozies, coasters and barware; soon after, American Fire Co. was born.

The Cartelli Rideouts began their business in the basement and soon moved it to the two-story garage Mike built as an office space. In the fall of 2021, the couple officially moved their business to a 6000 square foot warehouse in Airway Heights.

American Fire Co. has sold to all 50 states and over 10 countries, even selling to a wholesale retailer in Australia at one point. Though it started as a retail shop, American Fire Co. has since expanded its offerings to include other facets of wildland firefighting.

Since 2019, the Cartelli Rideouts have employed 10 to 15 wildland firefighters during each summer to help with their three Type 6 fire trucks. They have a contact with the Forest Service to provide assistance when needed, keeping them busy during summer fire season.

“I’ve worked in the private sector and I was also a volunteer firefighter,” Mike says. “I worked my way up and had the aspiration of starting my own truck, and then in 2019 we finally got to start one. It’s led from there — we’ve added all these things, now it’s about how can we make things better? What else can we provide?”

Trying to answer those questions led them to adding wildland firefighter training to their list of offerings. Mike leads courses for various levels of experience, and they bring in instructors when needed to train firefighters in other areas.

The American Fire Co. also operates American Fire Cache, one of five wildland specific equipment stores in the nation with the next closest being in Missoula, Montana.

During the winter, Kayla and Michael manage the business by themselves, handling Christmas orders and managing their warehouse. Kayla says their overall goal is having their business be diverse enough to support their family year round while serving as a helpful resource for the community.

“We’re not just sales people. Our job is to help people get what they need and help them succeed,” Kayla says. “At the end of the day, that’s way more sustainable than selling the most expensive tool.”

Along with a community-oriented business model, the couple donates a portion of their profits to firefighter and 9/11-related charities.

The two take pride in their ability to separate the business from their personal lives, even managing to maintain their weekly date tradition dating back to their first year together.

“What’s important when you have a relationship with somebody is being intentional about giving your full attention to that person, whether it’s a spouse, parent, sibling, friend — just being intentional about that time,” Mike says.

“Honestly, though, it’s all we’ve really ever known as far as running a business with each other,” Kayla says. “At the end of the day, our goals are aligned ... We can create the lifestyle that we want.”

FIND THE CARTELLI RIDEOUTS ONLINE AT
THEAMERICANFIRECO.COM



FEASTING AT THE FIREHOUSE

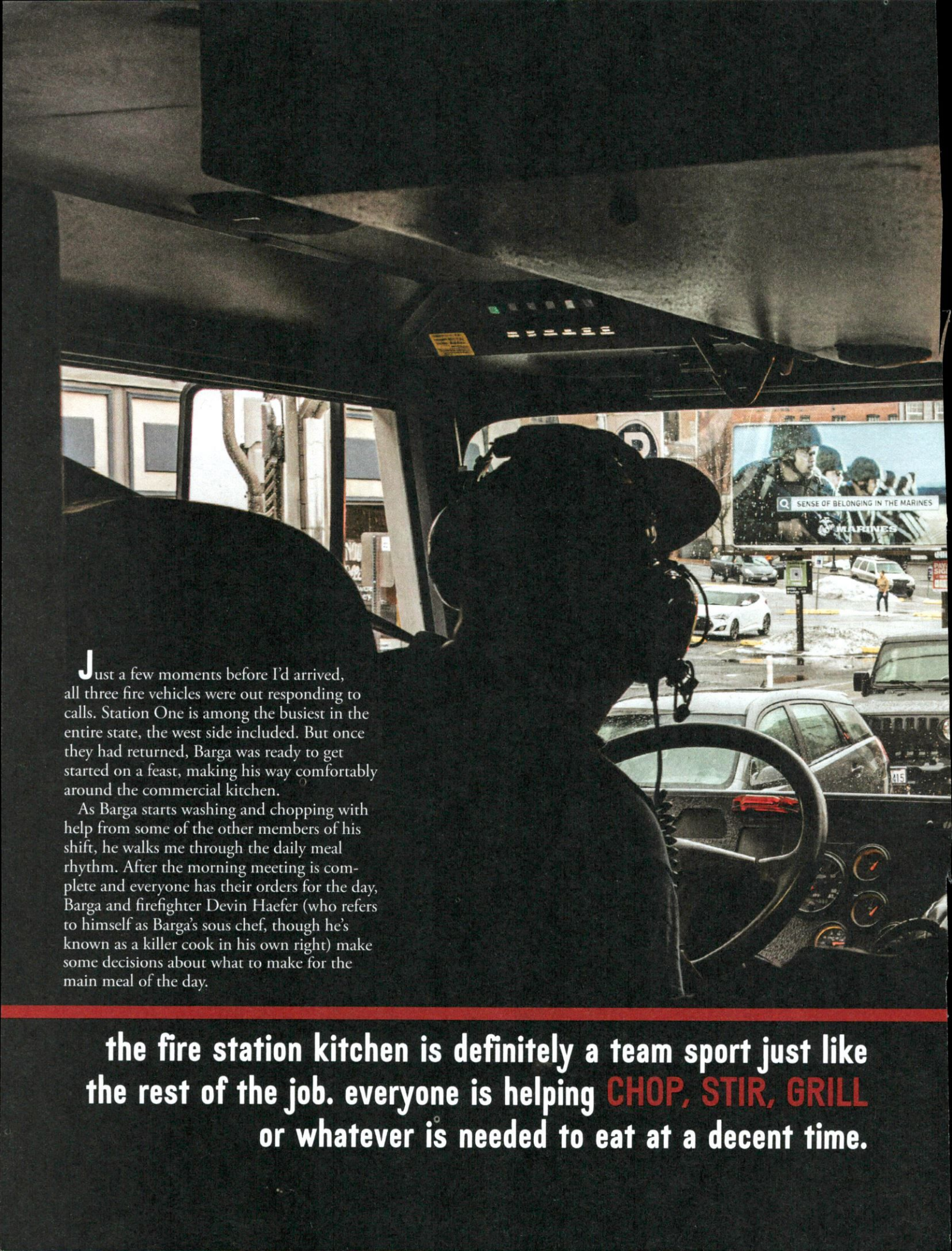
WORDS **cara strickland** PHOTOS **maddison foley**





ask around for the
BEST COOK
IN THE
SPOKANE FIRE
DEPARTMENT
and you'll
likely end up at
STATION ONE
located in
the heart of
downtown,
watching
FIRE EQUIPMENT
OPERATOR
THOMAS BARGA
prepare for an
extra big lunch.
at least that's what
happened to me.

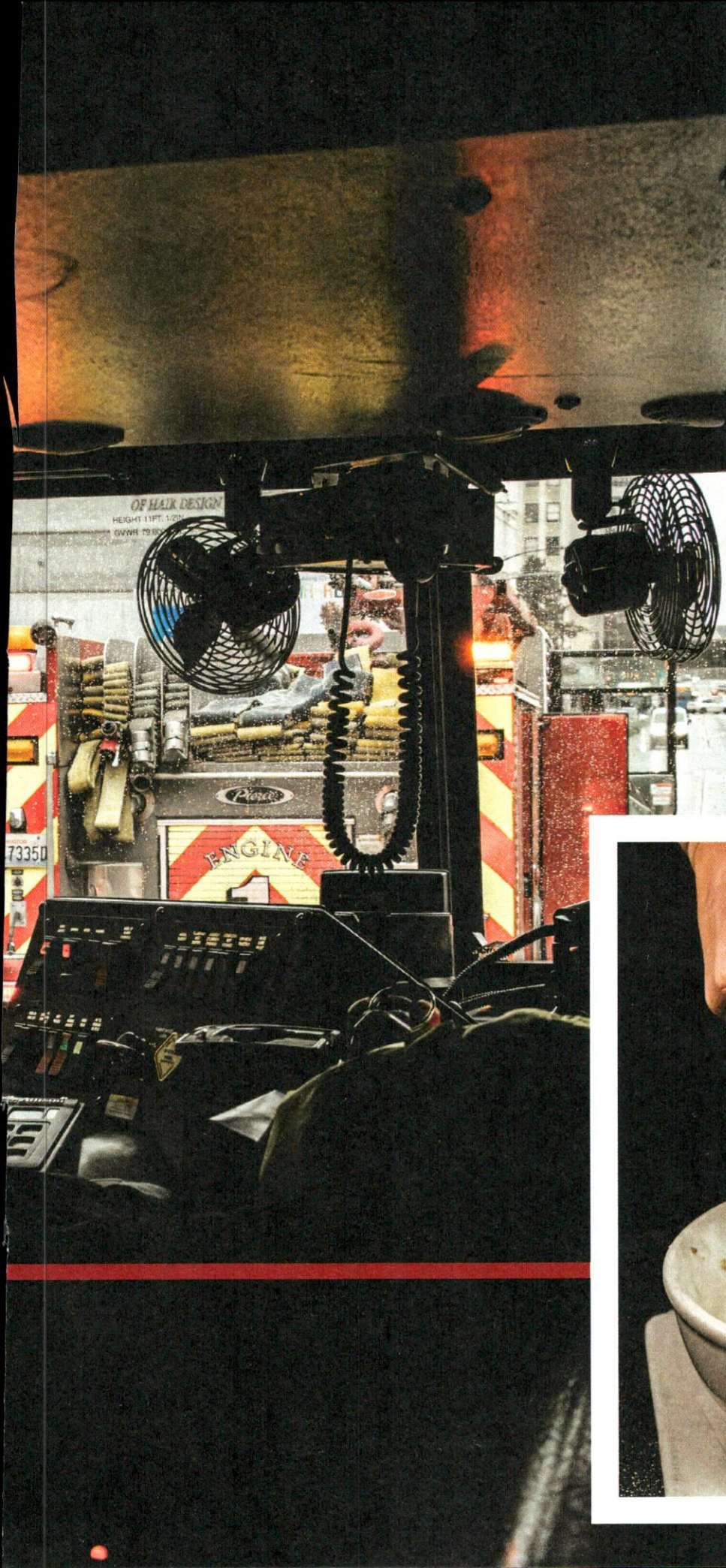




Just a few moments before I'd arrived, all three fire vehicles were out responding to calls. Station One is among the busiest in the entire state, the west side included. But once they had returned, Barga was ready to get started on a feast, making his way comfortably around the commercial kitchen.

As Barga starts washing and chopping with help from some of the other members of his shift, he walks me through the daily meal rhythm. After the morning meeting is complete and everyone has their orders for the day, Barga and firefighter Devin Haefer (who refers to himself as Barga's sous chef, though he's known as a killer cook in his own right) make some decisions about what to make for the main meal of the day.

the fire station kitchen is definitely a team sport just like the rest of the job. everyone is helping CHOP, STIR, GRILL or whatever is needed to eat at a decent time.



One of the trucks goes as a team to the grocery store each day, always prepared to drop everything if they get a call, which is why everyone goes along. The stores they frequent are prepared to put their carts aside until they can get back.

Sometimes they plan out the meal before heading to the store, sometimes they'll take a look at what's on sale once there and come up with a plan on the fly.

"I'm pretty open to ideas, too, so sometimes I'll just ask somebody what they want and I'll make that," Barga says. "The joke sort of is if it's 'hot and lots' you shouldn't get any complaints."

I watch Barga preparing a marinade of shallots, sambal (chili paste), rice wine vinegar, honey and makrut lime leaves for a dish he calls Vietnamese chicken. It's clear that he's shooting for more than just basic sustenance.

Once the shopping is done, work begins on lunch — the big meal of the day. Usually the shift cooks a lot and eats leftovers for dinner. Anything beyond that goes into the communal leftover fridge, where everything is fair game.

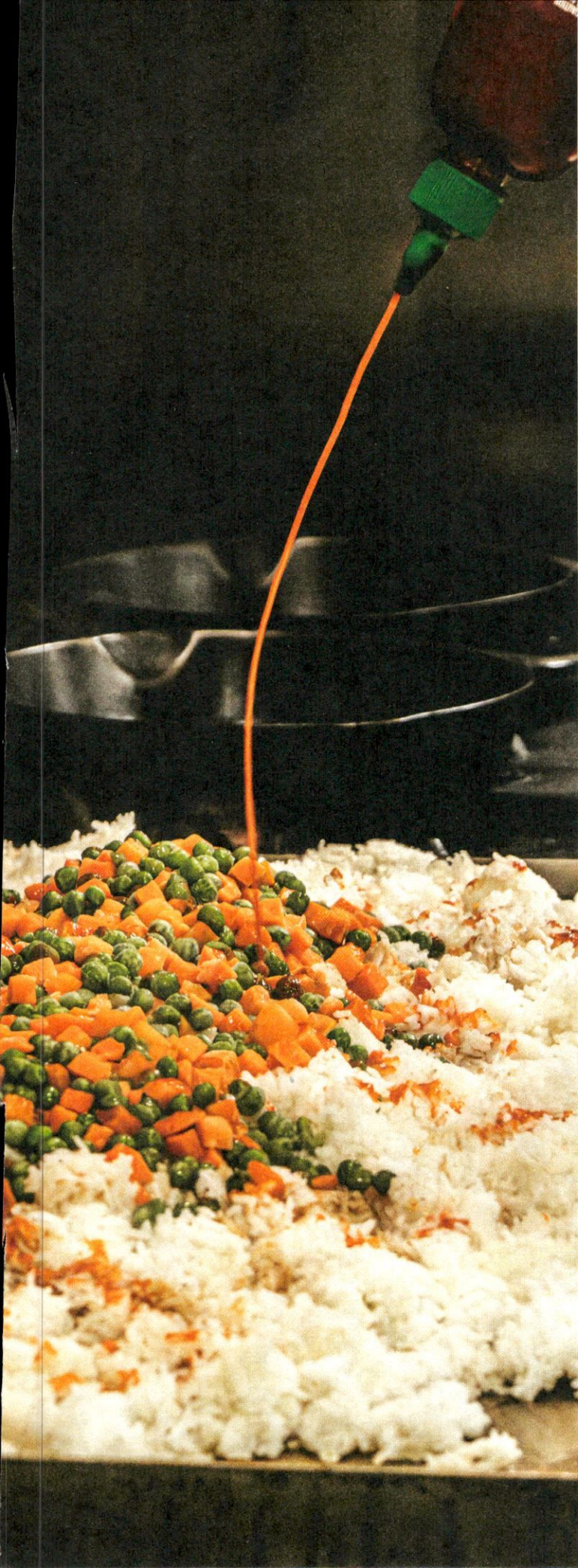
"Pretty much one of the first things you do in the morning is check the leftover fridge," Haefer says.





THOMAS BARGA PREPARES A MARINADE FOR THE DAY'S LUNCH IN BETWEEN CALLS AT STATION ONE IN DOWNTOWN SPOKANE. THE SELF-TAUGHT BARGA TOOK OVER COOKING DUTIES AS THE MOST JUNIOR MEMBER OF HIS SHIFT, BUT HIS SKILLS AND RENOWN HAVE GROWN OVER THE YEARS.





It's likely you've never had shared meals with your coworkers quite in the way they do at the fire station. That's probably because most of us have never had a job that works quite like this one. At Station One, there are four shifts, named for letters (I met the B-shift). Each shift is 24 hours, meaning that you arrive in the morning, leaving plenty of time to relieve everyone leaving at 8am, and stay until the following morning.

While you're at work, you're always on call, and unlike a more traditional job, you don't clock out for lunch or head home for dinner. You sleep in the bunk room, usually not very soundly, and eat in the communal kitchen or lounge. You could choose to find your own meals, there's plenty of tradition involved in firehouse cooking. Though it almost certainly started out of necessity, it's part of what makes this a profession that people refer to as more like a family.

At Station One, you work with your same crew of 9 every fourth day and night. B-shift has a text chain for their wives. They attend each other's children's birthday parties and celebrate major milestones together. It's hard to know if you want to share a family-style meal because you feel like family or if sharing meals together is the catalyst for those strong bonds. Maybe it's a little of both.

The lunch Barga is making today—which is beginning to smell amazing as he cooks the bacon to go into the fried rice—is on the expensive side. It's a fairly common misconception that firefighter food is included as part of their compensation, but that isn't the case. Each day, everyone on B-shift puts \$10 into the communal wallet to take to the grocery store. Each pay period, they contribute \$20 each for staples like bread, eggs, salad dressings, spices and other pantry items to keep things stocked. When they want to choose a more costly lunch, they'll make adjustments to other days to save a little for a splurge. Haefer says the last two meals had been teriyaki beef bowls and California burritos to account for higher spending. B-shift will do simple meals but that doesn't mean it's any less delicious.

Beyond the food, fire people are also responsible for providing small appliances, plates, silverware, pots, pans and other cooking utensils in the kitchen.

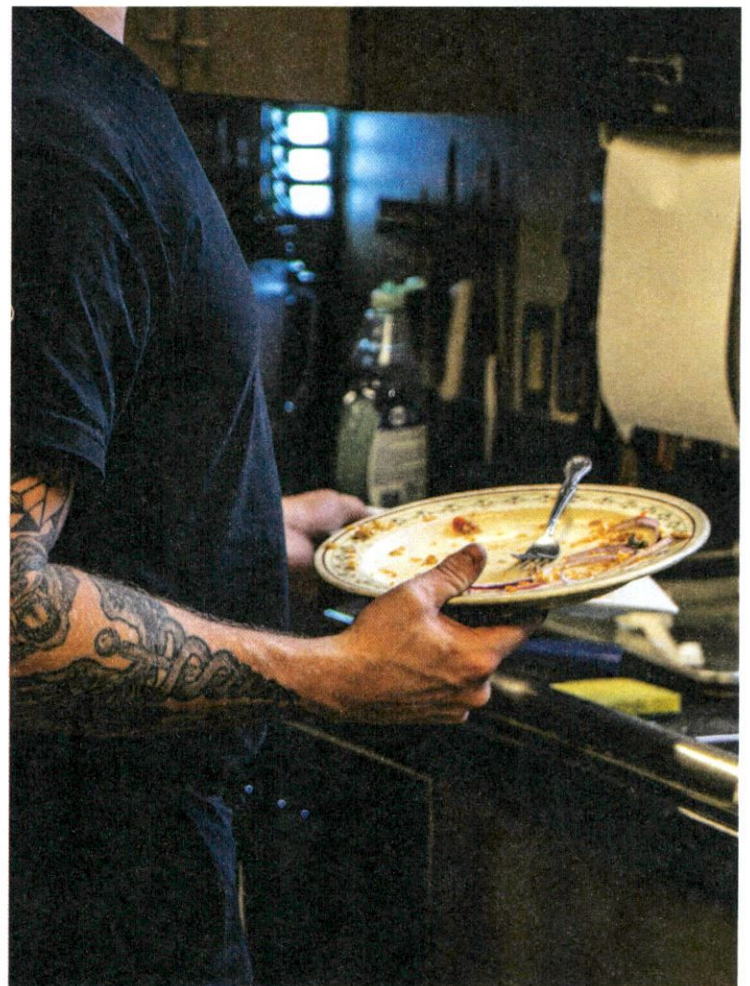
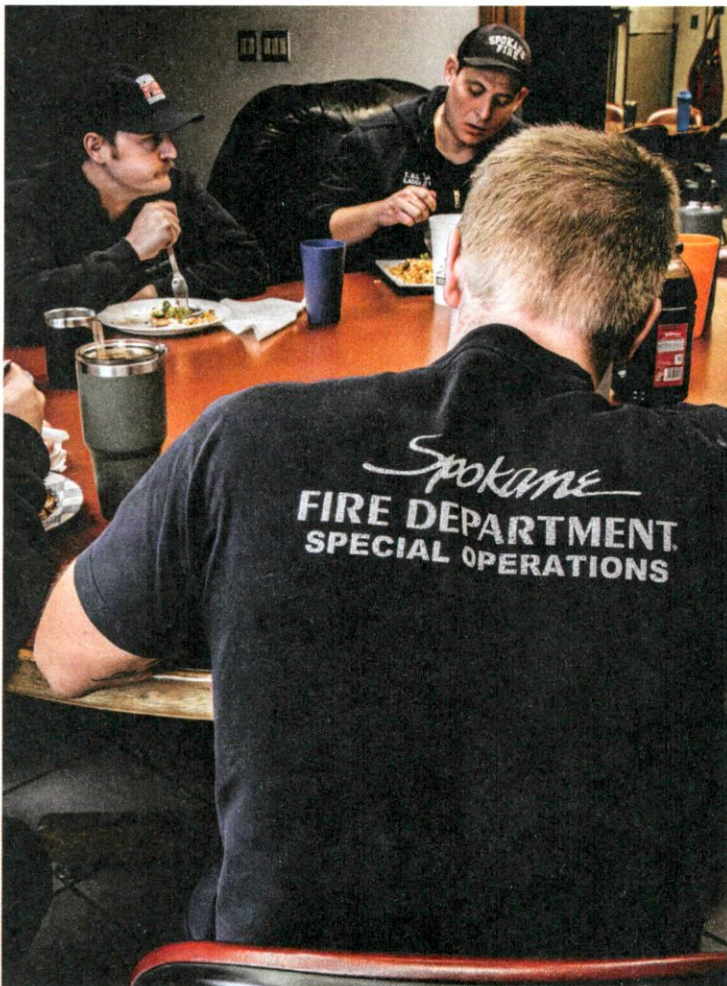
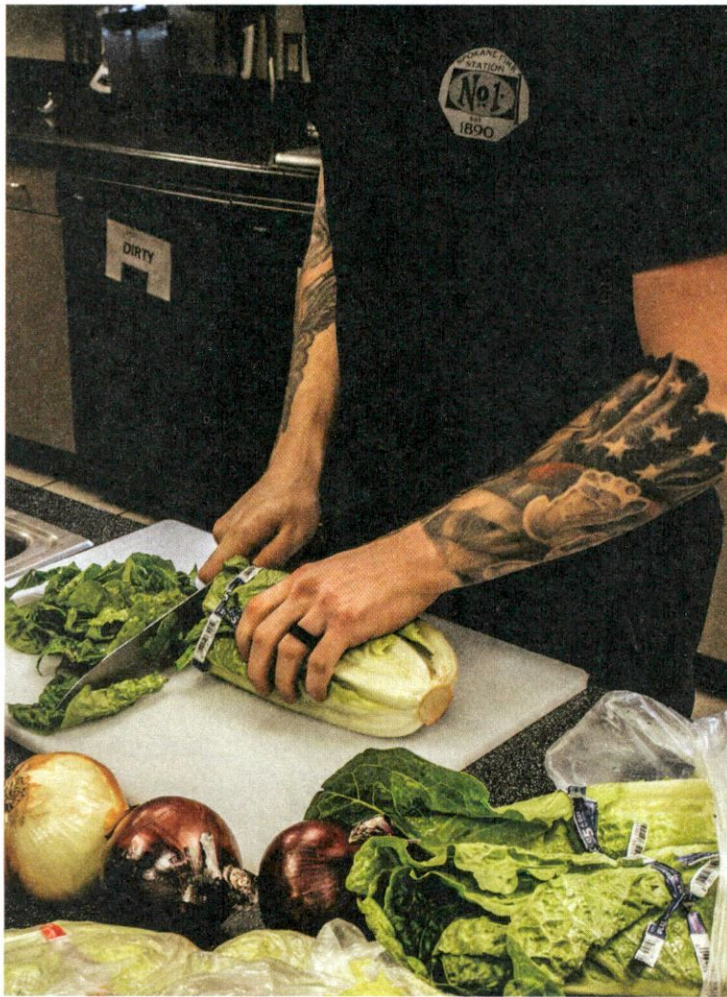
Around holidays, everyone will chip in for something special, like a brisket or prime rib. They invite their families in and have a big meal together, bringing their worlds into one place.

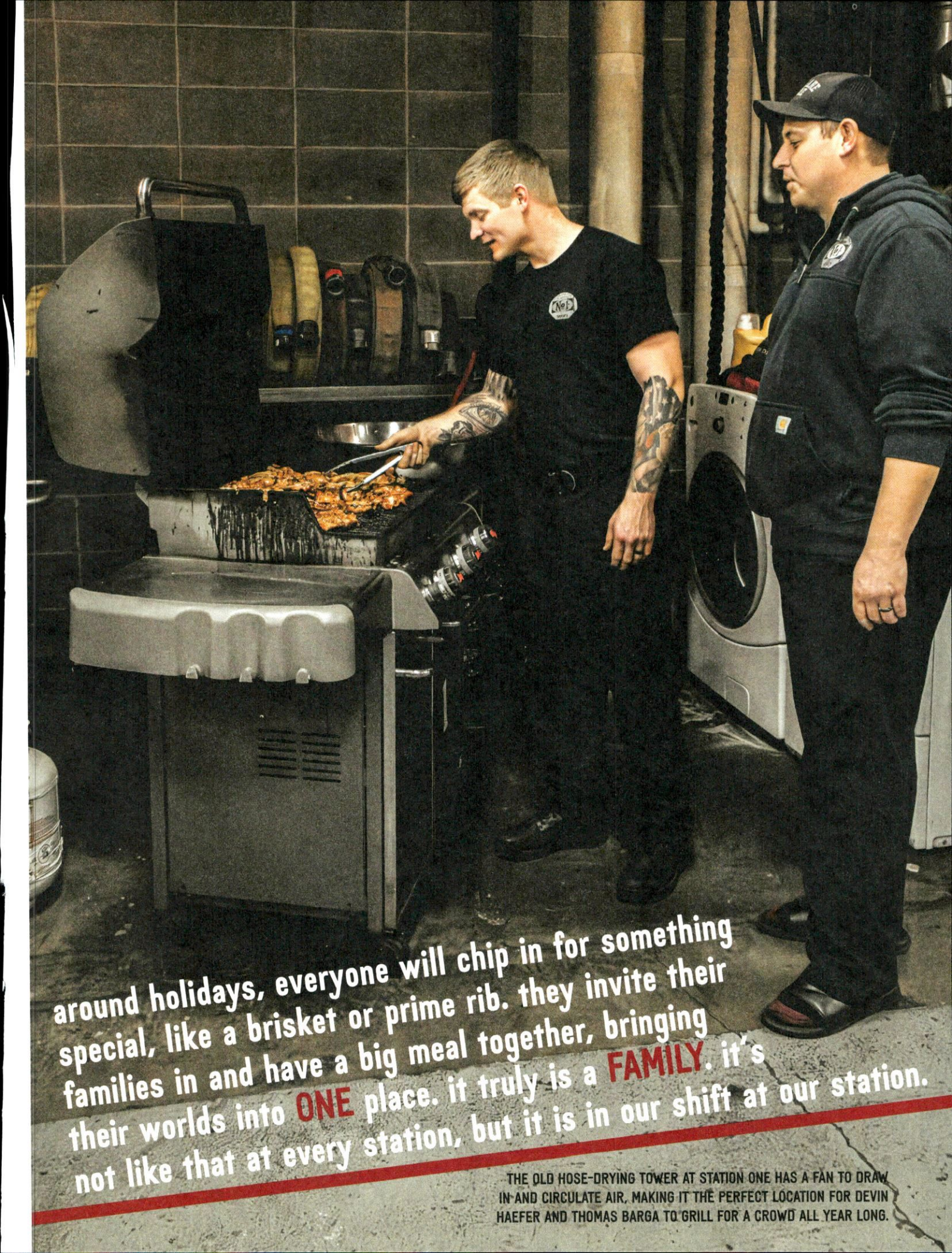
"It truly is a family," says Lieutenant Mike Walker. "It's not like that at every station, but it is in our shift at our station."

Most of the meals are made in the kitchen, but as we take a quick tour, Barga shows me the old hose tower, where they used to clean and dry the cotton-jacketed hoses formerly in use. There's a large fan at the top which brought in outside air to dry the hose faster. Now that the days of washing and drying hoses are gone, the tower makes the perfect spot for a well-ventilated indoor barbecue at any time of the year.

Although the everyday meals set a high bar, B-shift has staged several cooking competitions, including a classic chili cook-off, a fried chicken sandwich contest and a meal of choice from any one country. So far, it's 2-1, Barga to Haefer. I asked if they had ever considered competitions with other stations.

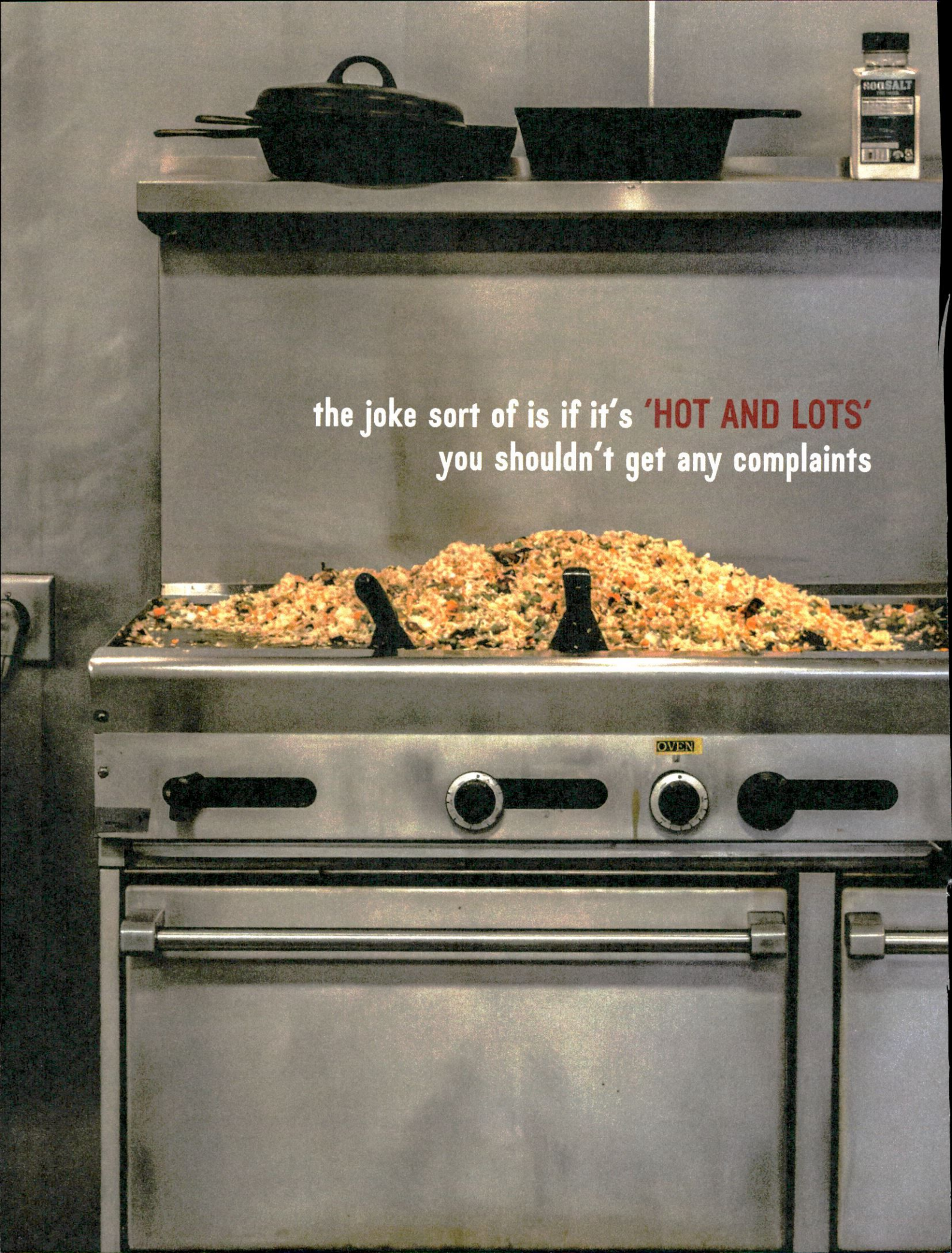
"Nobody is on these guys' level," Lieutenant Walker says. "Thomas could be a five-star chef at a restaurant somewhere. We're very fortunate to have him."





around holidays, everyone will chip in for something special, like a brisket or prime rib. they invite their families in and have a big meal together, bringing their worlds into **ONE** place. it truly is a **FAMILY**. it's not like that at every station, but it is in our shift at our station.

THE OLD HOSE-DRYING TOWER AT STATION ONE HAS A FAN TO DRAW IN AND CIRCULATE AIR, MAKING IT THE PERFECT LOCATION FOR DEVIN HAEFER AND THOMAS BARGA TO GRILL FOR A CROWD ALL YEAR LONG.



the joke sort of is if it's **'HOT AND LOTS'**
you shouldn't get any complaints

Both Barga and Haefer brought culinary experience with them to the department. Barga cooked in an Italian restaurant during high school. His self-taught approach to cooking was a result of following his interest in food and experimentation. He started cooking as the most junior member of his shift when he started but quickly became known for his skills. Haefer cooked during his time in the Air Force and grew up around his grandmother's restaurant in Oregon.

Barga is quick to point out that cooking in the firehouse is a group effort.

"I'm never the only person in the kitchen cooking. The beauty is that the fire station kitchen is definitely a team sport just like the rest of the job," he says. "Everyone is helping chop, stir, grill or whatever is needed to eat at a decent time."

When your chef can be called away at a moment's notice, cooking has to be a team sport. There might just be a half second to pass off some duties to someone else. It's not uncommon to call back to the station to ask someone to put on a pot of rice or something similar to help keep lunch to a decent hour.

Barga says there are times when you don't get lunch until 3:30. On other days, everyone is just sitting down when a call comes in, and lunch is cold and abandoned for three hours. "Or you get on a scene and say 'Did somebody turn off the oven?'" Barga laughs.

Haefer isn't sure if it's a tradition limited to their station or something more broad, but he knows that if you're coming back from an early morning call, there's always someone making pancakes and waffles when you get back. "Working 24 hours with people getting beat up and busy all the time, you've got to have something to come back to that's good. Camaraderie, good food, those all go hand in hand," Lieutenant Walker says.

The camaraderie is on full display as we sit down for lunch. Though B-shift usually cooks for 9, word got out about this special meal, and a few more faces are around the table. My plate is piled with fragrant chicken, fried rice with crispy bacon and a deceptively simple cucumber and red onion salad with a rice wine vinaigrette. There's that hush in the air I've come to recognize when the food demands a little extra attention and the conversation must wait. I'm on edge, even as I'm enjoying those first bites, waiting for a call to come in and everyone to scatter—but just this once, it doesn't.

To serve as a firefighter, there is a lot you have to give up. You work different hours than most professions, you're on duty on holidays, and your physical body takes a consistent beating in the course of your day and your life. But if you're lucky enough to work with people like those on the B-shift at Station One, you'll also have a lot of welcomed benefits. Not the least of these is knowing that many hands will come together to create something delicious and nourishing to see you through the day and the night before you.

And when Thomas Barga is cooking, there will always be more than enough.





WHAT'S IN
A NAME?

food labels

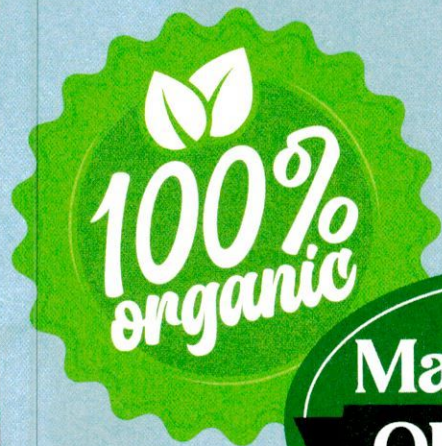
What they mean,
What they don't,
And why you should care.

by Jess Jager of Your Friends Farms

as a farmer and a producer of food, I need to be able to explain what we grow and how we grow it. The ironic thing is that often the questions we get about our food aren't related to how we grow our plants and raise our animals but how we are tasked to define our products within the set of terms that have been popularized by the larger food system overseen by the United States Department of Agriculture (USDA) and other trade organizations. Many of these words have become familiar because we see them plastered across packages of meat we buy from the grocery store, on the snacks we reach for throughout the day, the stickers we find on our apples and the bags that hold our produce from the market.

Words like organic, free range, hormones and grass-fed hold weight and power in the minds of consumers as we look for the best and most honorable ways to feed ourselves and our own — and yet, the understanding often stops at the label.

I don't intend to be the breaker of bad news in what I share here; instead I hope that knowledge is what it has set out to be, power, in this situation. These labels don't lie and aren't intended to fool anyone, but they are used as marketing devices to earn your dollar as they have become indicators of good or bad, valuable or waste. I hope that this will help decipher what it is that you are being sold.



organic

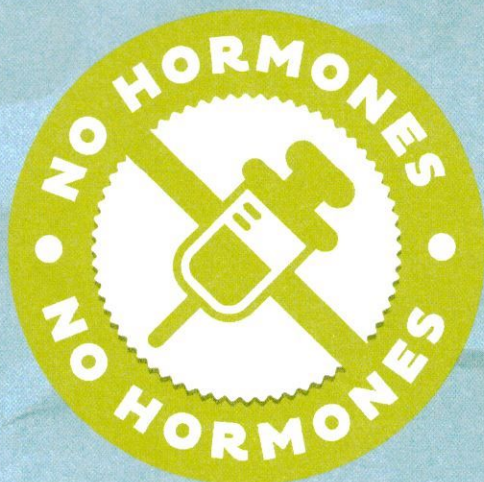
An organic label means that the producer is certified by the USDA as being organic compliant. The organic certification process involves submitting plans that explain farming and handling practices as well as the products and substances used along the way. An inspection is required to guarantee that specific standards are met, but not all products labeled as organic are the same.

100% Organic means that 100% Of the ingredients in the product are organic. **Organic** means that at least 95% of the ingredients are organic, up to 5% of the ingredients can be non-organic. **Made with organic...** products must include at least 70% organic ingredients.

This label designates that animals receive a majority of their nutrients from grass throughout their lives and have continuous access to pasture during the growing season. There is no limit to the use of antibiotics, hormones or pesticides. Meat products may be labeled as **grass-fed organic**. These cows are required to be on pasture during the grazing season and eat certified organic pasture or feed.



grass-fed



no hormones

The use of hormones is not allowed when raising pork or poultry. This label cannot be used on these products unless followed by the words "**Federal Regulations Prohibit the Use of Hormones.**" The term "no hormones administered" may be used on the label of beef products pending USDA approval if sufficient documentation is provided by the producer showing that no hormones have been used in raising the animals.

antibiotic free

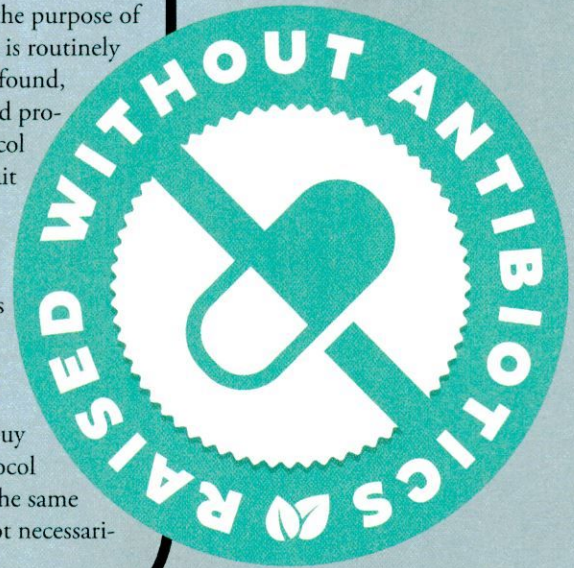
This label can be considered misleading because it is illegal

to sell meat that has antibiotic residue in it. USDA regulations do not allow any antibiotics to ever be present in meat that is processed with the purpose of

being sold to consumers. To maintain these standards, meat is routinely tested at processing plants for the presence of antibiotics; if found, the meat is discarded, and the producer is fined. Farmers and producers that use antibiotics must follow a strict federal protocol that determines how long an animal's meat or milk must wait before being consumed after antibiotics are administered.

A label stating that the product is "**Raised Without Antibiotics**" may be used if sufficient documentation is produced and provided to the agency stating that antibiotics were never used in the life of the animal.

In light of all of this, the antibiotic-free label is quite misleading, as it is just not possible for retail consumers to end up with meat that has antibiotics present. However, if you buy meat directly from a farmer, you should ask what their protocol is for antibiotics. Independent producers are not bound to the same USDA processing laws and limitations and, therefore, do not necessarily conduct the same testing.



free range

Free Range birds are free to roam around a room or building with unlimited access to food and water. These birds also have access to the outdoors during production, but this area may be fenced or netted to contain the birds within a certain space. **Cage Free** birds may enjoy the same unlimited access to food and water within a room or building, but they do not have access to the outdoors. While birds can still meet organic standards if they are fed organic feed, Free Range and Cage Free do not carry any kind of meaning as to what type of feed the birds are given.

natural

This term has no basis in farming practices; rather it applies to anything that was or was not added after the product was picked or butchered. The USDA says that a **natural food** product cannot contain food dyes or artificial ingredients and can only be minimally processed.



ALL NATURAL

BUT WHAT ABOUT...

environmentally friendly?
vegetarian fed?
cruelty free?
pasture raised?

These terms do not have any set standards or definitions given by the USDA. We'd like to think that any producer slapping these labels on their products truly believes that their practices are good for the environment and their animals are raised humanely, but the truth is that **no one is really checking.**

You may ask, "**Now what?**" If organic beef isn't really organic or if antibiotic free doesn't mean no antibiotics ever or if cage free doesn't actually mean birds raised under the sun, how does one make decisions about what they are to buy?

Get to know a farmer and you'll get to know your food. Farmers understand what's behind the label and they can speak to what that means in light of the food that they grow.

For example — Learn about the real effects of antibiotic use in animals and how farmers decide if they will use them. Ask yourself what you believe is to be humane or natural and ask a farmer what they think about that. Become really curious about how animals are kept and how veggies are grown. Learn about feeding practices and find out why a farmer may choose to feed what they feed.

Give your food life, actively remember that the cow that makes up **your hamburger wasn't walking around with an organic sticker on its butt.** Instead think through what would have made that cow's life enjoyable and value that. Being organic didn't matter to the cow, but I bet sunshine and access to great feed and clean water did.

Let your purchases define what is important to you, you are in control of things that you buy and your dollar tells producers what they should grow. You have more power than you think. If you are buying food simply because of what the label says, stop, take a deep breath and learn why you value that label and then find out if the label means what you think that it does.

It takes more work to eat this way, at first glance. But the empowerment you will feel in making decisions that really matter to you through being informed will make taking the time to understand worth it, I promise.

Hearts,

A circular logo with a green border. Inside, a green hand holds a small green seedling with two leaves. Below the hand, the word "SUSTAINABLE" is written in white capital letters on a green background.

farmerjess ♥

Farmer Jess

25 years of HEALTH & WELLNESS

The journey of Pilgrim's Market in Coeur d'Alene

BY HANA-LEE SEDGWICK

In recent years, 'organic' and 'natural' have become buzzwords in our modern food system — to many health-conscious consumers, they're now a standard. However, long before these terms were mainstream, Joe and Sarah Hamilton were on a quest to make organic, natural products more accessible to the Coeur d'Alene community.

In 1999, a time when 'organic' was far from commonplace in North Idaho's grocery scene, the Hamiltons embarked on a journey that would help redefine natural living in Coeur d'Alene. Guided by their vision of making a difference in the community and by sharing their passions for natural foods and socially-responsible living, they founded Pilgrim's Market. Today, 25 years later, Pilgrim's is a mecca for natural and organic foods, and a shining example of what it means to thrive as a homegrown, locally-owned market amidst the ever-growing presence of corporate grocery chains.

Of course, one step inside and it's easy to see that Pilgrim's is much more than just a place to buy organic groceries. From its humble

origins in a modest 1,200-square-foot space, Pilgrim's Market has since transformed into a 25,000-square-foot hub for health and wellness, offering organic produce, quality supplements, wine and beer, gourmet cheeses and grab n' go items — the latter of which are made in-house with ingredients grown on Pilgrim's own organic farm.

Part of the secret to their success is that the Hamiltons began with a clear vision—a vision that still guides their family business today. From the start, their goal was to build a financially sustainable company that served health-seeking customers while fostering a rewarding work environment for employees — a win-win-win philosophy. As such, every decision made, from product selection to



PHOTOS COURTESY PILGRIM'S MARKET

community impact, is guided by three pivotal questions: Is it healthier? Is it local? Is it organic or natural? These questions form the cornerstone of the market's mission, weaving together the threads of health, community and environmental stewardship into a viable and ethical business.

This dedication to sustainable wellness is not only evident in the range of items on the shelves, but also in the unique way products are sourced and created.

"Over the years, we've maintained a commitment to quality over quantity," says Joe Hamilton. "Constantly asking ourselves how we can improve our healthful offerings, how we can have a more positive impact on our community, and how we can find new ways to grow conscientiously has led to the creation of some incredible internal programs, including our 'Made Right Here' and 'Grown Right Here' initiatives." Indeed, the innovative 'Made Right Here' and 'Grown Right Here' programs truly set Pilgrim's Market apart.

True to its name, the 'Made Right Here' (MRH) symbol signifies an item was made from scratch at Pilgrim's.

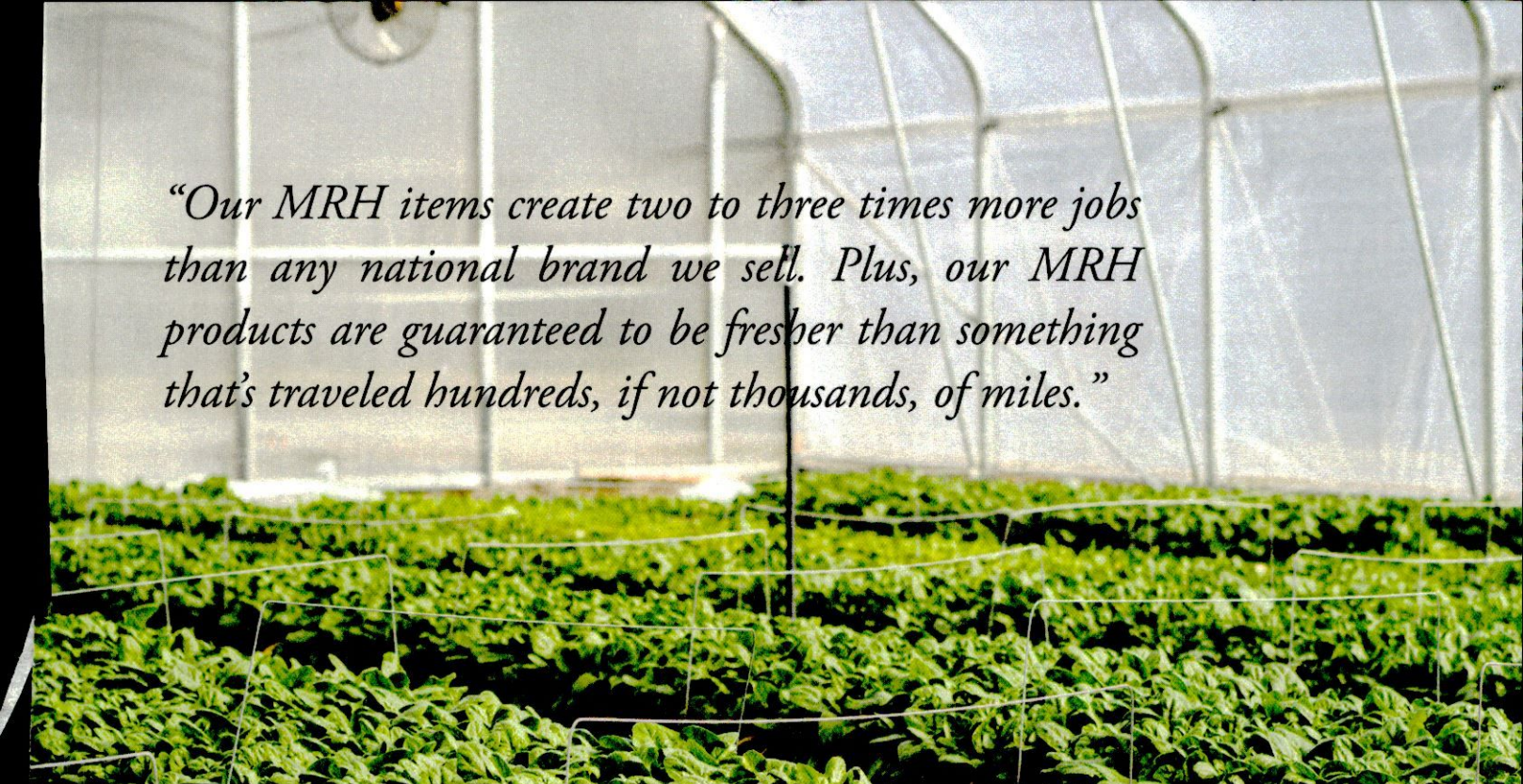
In fact, there are over 700 MRH items, accounting for a whopping 20% of all sales.

"Shopping at a locally-owned and locally operated store like ours keeps more money in our community, which strengthens the economy, but buying products made right here directly supports local jobs," explains Hamilton. "Our MRH items create two to three times more jobs than any national brand we sell. Plus, our MRH products are guaranteed to be fresher than something that's traveled hundreds, if not thousands, of miles."

Included in MRH is a separate line of plant-based, fermented products known as Cultured Mama. Launched ten years ago, Cultured Mama was established to showcase the versatility of plants and vegetables, particularly as an aid in supporting gut health. Today, Cultured Mama is a thriving part of Pilgrim's business, featuring over 80 plant-based (and primarily vegan) products — from hummus and hot sauces to health tonics and cashew-based "cheesecakes" — all made in-house by a team of moms and all exclusively sold at Pilgrim's.

The 'Grown Right Here' (GRH) symbol adds another layer to Pilgrim's healthy living narrative. This symbol quite literally means that an item (or some of its ingredients) was grown on-site in the market's own urban farm.





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Planted in 2017, the certified organic farm sits behind the building, where it stands as an emblem of the team’s commitment to sourcing fresh, organic produce.

“We’ve got everything from lettuce and peppers to tomatoes, strawberries, and horseradish. We even converted an old shipping container into a dedicated space to grow our microgreens,” shares Young Bennett, Farm Manager. “Everything we grow is used in-house, which is why we don’t contribute to a CSA or farmers’ market. If something’s not being utilized for our MRH prepackaged to-go offerings or our salad bar, then it’s being used in our Cultured Mama products, our MRH soaps, or our new line of jarred products, including salsa, marinara, chili crunch and spice blends.”

While the current farm is situated on a quarter acre, an expansion onto three more plots is already in process. “We’re excited to expand our farm program, and will be inviting people to enjoy the space through private events and the continuation of our farm tours,” adds Bennett. “Our urban farm is an important aspect of the business, and our small farm team is excited to keep improving and growing.”

Also in the works: growing hops, which will be destined for Pilgrim’s own line of beer and cider. “We already have a reusable glass program, where customers can bring back their Cultured Mama glass jars to receive money back, but we’re thrilled to expand upon this with the launch of our own line of beer, cider, and functional beverages,” says Hamilton.

“We’ve purchased a building across the street, which will become our beverage production space for alcoholic beverages, along with non-alcoholic drinks such as cold press juices and botanically infused tonics.”

It’s clear that Pilgrim’s Market is much more than a destination for natural foods; it’s a beacon for those living or seeking to live a more sustainable, enriching lifestyle, and a testament to the power of believing that every small step can lead to a significant impact.

“We like to say that everything we do, from MRH to our organic farm to our reusable glass program, testifies to our commitment to being as local, sustainable, and health-conscious as possible,” shares Hamilton. “Which is why when we consider growth, we take a mindful approach. Ultimately, we aim to be a store that’s unlike any other, that’s doing great things for the right reasons.”

Today, Pilgrim’s Market stands as a vibrant embodiment of the path Joe and Sarah Hamilton embarked upon a quarter-century ago. While Sarah’s career in aesthetics means she is less involved in the day-to-day operations, Joe, alongside a dedicated team of 135 employees, continues to steer this ever-evolving venture. In a way, these past 25 years have been their own pilgrimage — a purposeful journey towards fostering a healthier, more sustainable future, and we can’t wait to see what the next twenty-five years hold.



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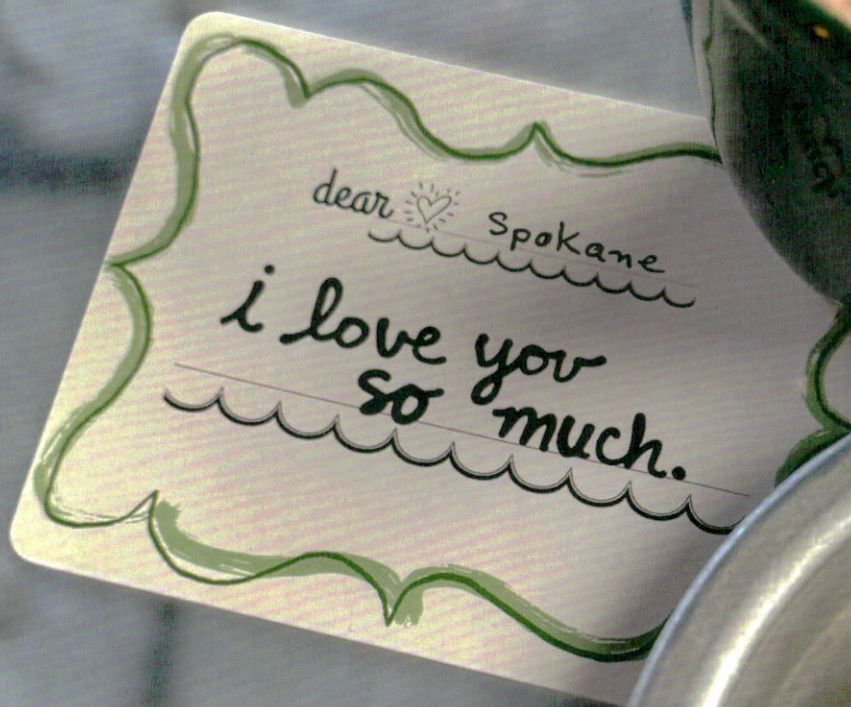


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